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May/June '97

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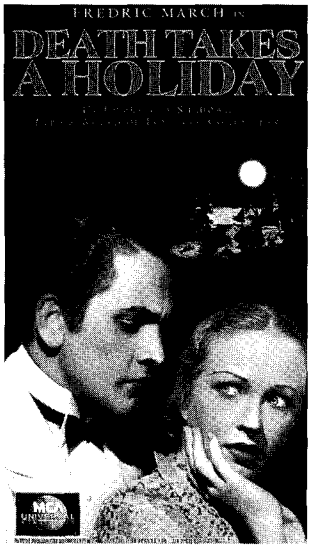

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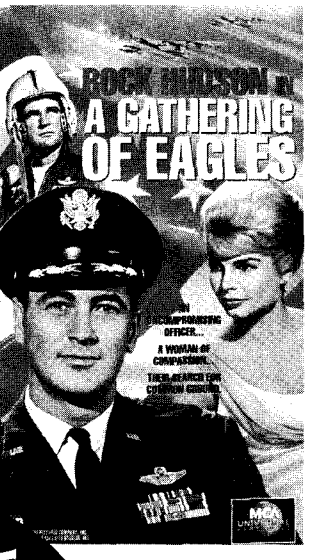

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"Touched by an Angel"—Della Reese and Roma Downey costar in this CBS family-oriented series that is flying high in the TV ratings. 36

Help Save the Children—Join the effort to end iodine deficiency and eradicate the world's leading preventable cause of mental retardation. 44

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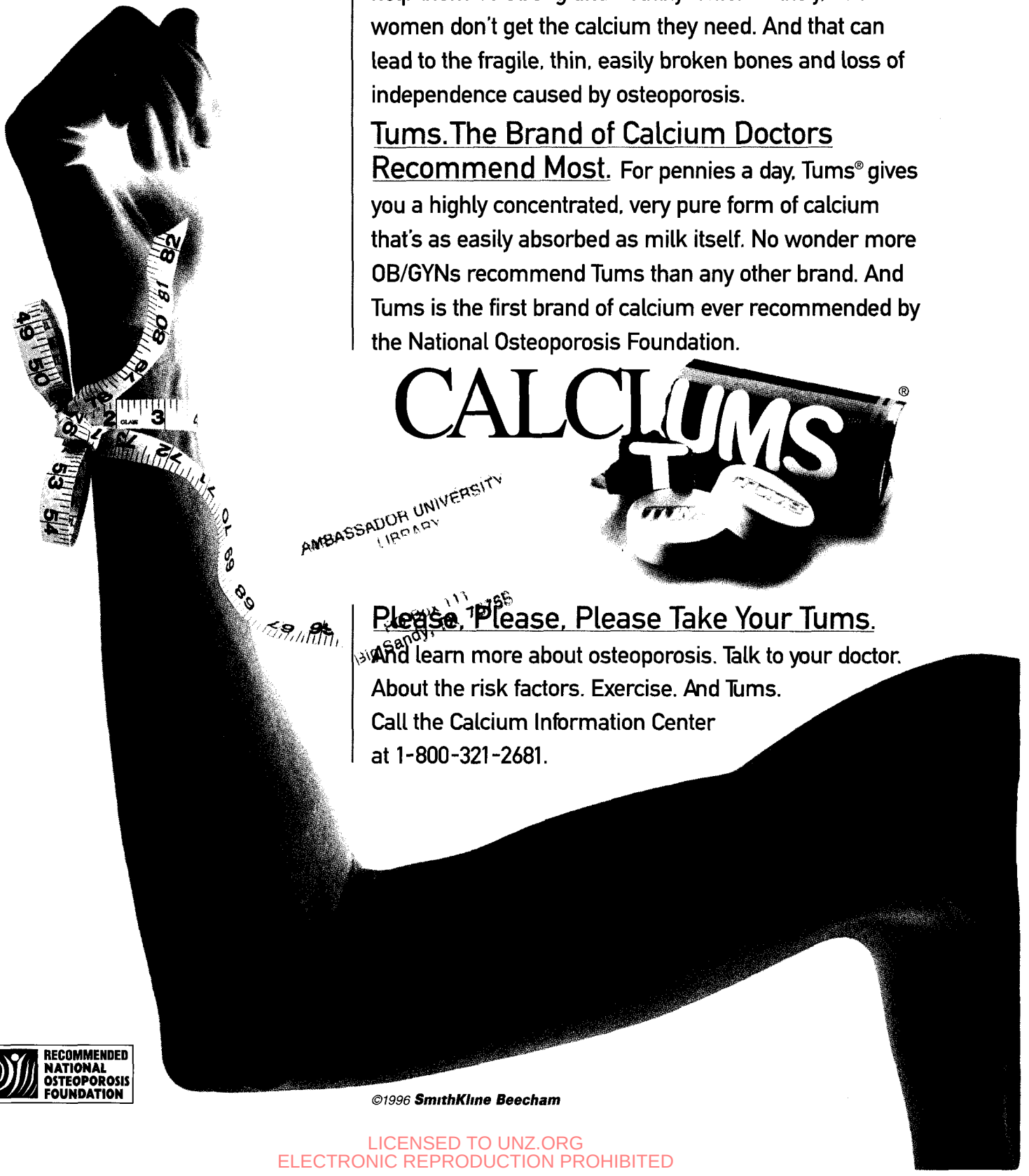

The Facts. Less fat in your diet usually means less milk, less cream, less cheese... less calcium. And, unless you're getting the calcium somewhere else, that can lead to bone loss. And while fat is easy to gain back, bone isn't.

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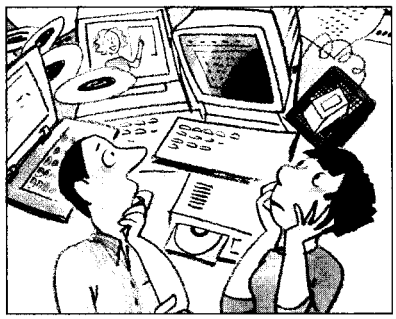

Sailing Into Cyberspace—The information highway is smooth going if you know the ports-of-call along the way. **54**

Letters

John Grisham: The Jury's Still Out

I really enjoyed your article on John Grisham. I have read all of his books. His books have interest for all ages, but are enjoyed by older people who appreciate the fact that we don't have to suffer through profanity and explicit sex to read an otherwise good story.

I hope he doesn't fall into the trap that many (most) writers do—they write one or two great books and then, in order to mass-produce, lose much in quality to get quantity.

P.S.: He should act in his own films. He's so handsome!

Mary Whitt
Ceres, California

The Saturday Evening Post has been a long-time favorite magazine with me. I remember reading it when I was a teenager and now, at 75, I believe it still ranks among the best of my subscriptions.

My wife and I spend a great deal of our time reading, so we were attracted to Jennifer Ferranti's article in the March/April '97 issue concerning "Grisham's Law." We had never read any of his books, so we picked up two, *The Rainmaker* and *The Firm*.

We strongly object to the extensive use of profanity in *The Rainmaker*. I completed only the first third of *The Firm*. The detailed adulterous scene on the beach spoiled it for me.

I am sure such language is common in most literature today, and my strongest objections are not directed as much at Grisham as at *The Saturday Evening Post* for recommending it—at least without some warning. I refer especially to the part under "Humble Faith." This was most misleading. Violent and dramatic scenes can be described without resorting to gutter language and vivid sex. If Grisham doesn't think so, he should read any of Louis L'Amour's books. Our daughter was shocked to see one of Grisham's books in our home.

I still think the *Post* is great, but you have lost some credibility.

A. J. Morton
Nampa, Idaho

Lucrative Limerick

Imagine my astonishment when I opened my Jan./Feb. issue of the *Post* and found my silly limerick thereon.

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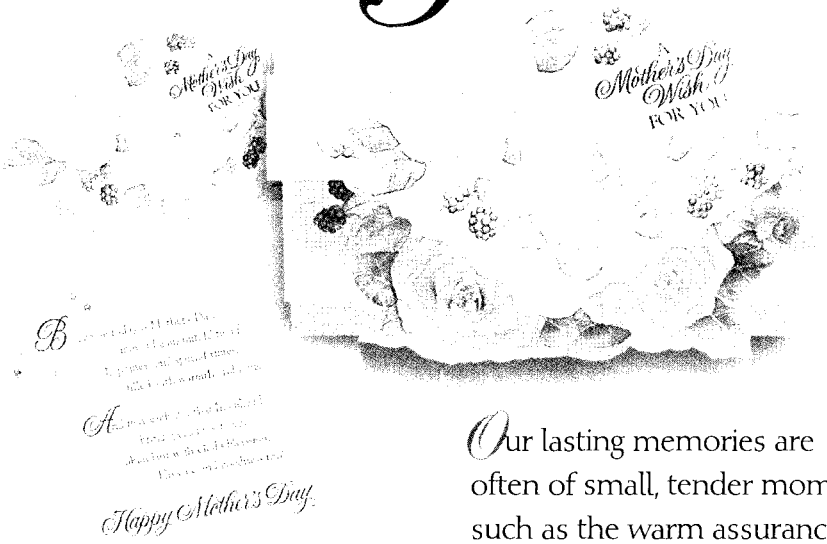
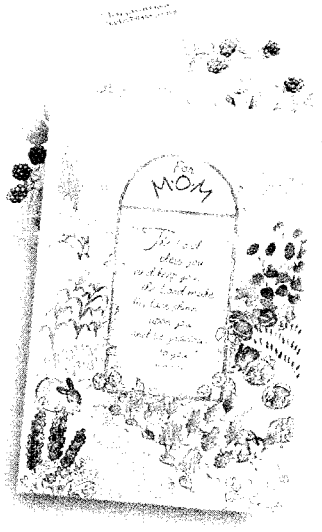
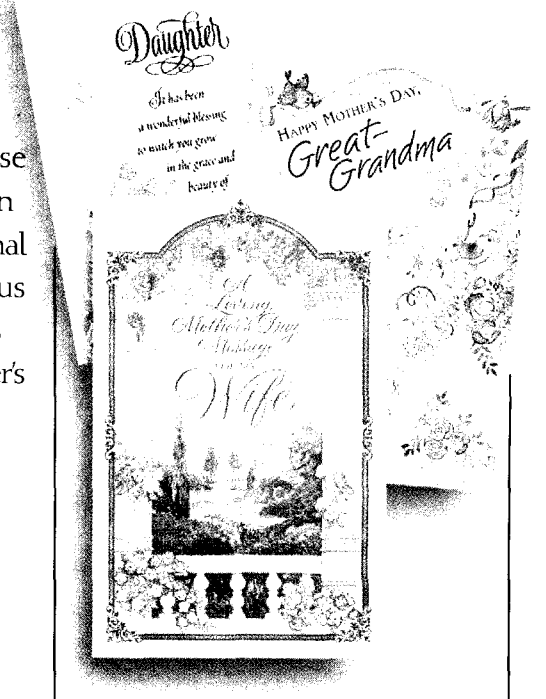
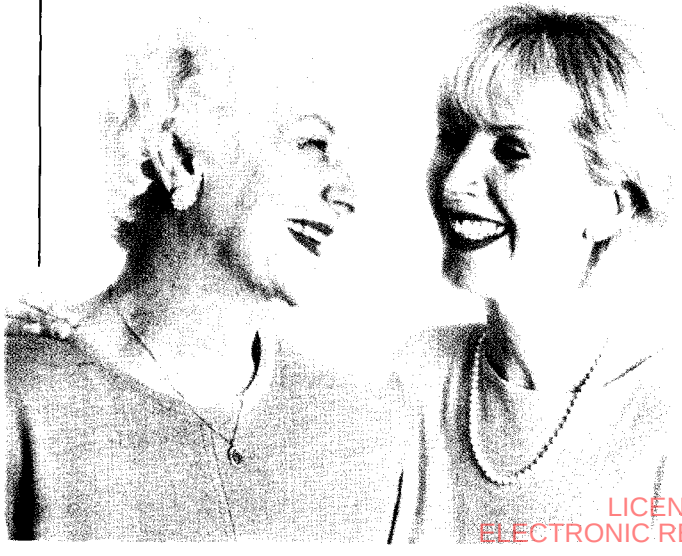


Our lasting memories are often of small, tender moments such as the warm assurance of Mother's love and the gentle memory of her comforting arms. These and countless others make Mother's Day a special day to embrace with love.



This is the time to share a personal expression of your love with a card from DaySpring. Choose from a wide selection of Christian Mother's Day cards, from traditional to light, even delightfully humorous cards—all of them with greetings and scriptures to touch your mother's heart with your own.





DaySpring Mother's Day cards for the special mothers in your life — Ask for them at your favorite Christian bookstore.

Share Your Heart and God's Love

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Two weeks later I received a letter with a copy of page 39 and a check. I was so delighted. Thank you so much. My local newspaper even did an article about "Local Poet's Verse in *Saturday Evening Post*," and I was on the front page. This is a *very* small town, and it was a slow week for news, obviously.

Leah R. Roman
Pinconning, Michigan

Touched by the "Littlest Angel"

What a thrill!

I saw on the cover of the Nov./Dec. '96 issue of *The Saturday Evening Post* a winsome and enticing angel. To his left was a most welcome blurb: "The Littlest Angel"—A Christmas Classic.

I am an 81-year-old woman who read that precious story every year at holiday time to my children, from their earliest understanding until their teens.

My daughter not only read it to my grandson but to several classes in her high school.

May all of those who have read it, or heard it read, remember it with love for the classic it is.

Heartfelt congratulations to *The Saturday Evening Post*! Thank you.

P.S.: I hope Mr. Charles Tazewell is still alive to enjoy the success of his creation.

Marylouise Uebele
Afton, New York

"The only thing perennial about this garden is the work."

Editor's note: Charles Tazewell, author of "The Littlest Angel," died June 26, 1972, aged 72, at his home in Chesterfield, New Hampshire. His story, which took him three days to write, has undergone many printings and been translated into several languages.

Blowing Our Cover

As one of the many hundreds of volunteers in the "STOP/IT Calcium & Vitamin D Study" at Tufts University's Human Nutrition Research Center on Aging, I got a chuckle out of the fully clothed model posing for your osteoporosis article by Wendy Braun in the recent March/April '97 issue.

For we always removed most items of clothing, donning a hospital-type "johnnie" and *always* removed any possible other personal things that might have interfered with the bone-density tests.

As the study ends this year, we have yet to receive results of what was learned by the study, but I'm certain it might be of interest to your readers.

Keep up the good work (and words) in your many informative articles. It certainly enlightens many of us in regards to ailments and problems, regardless of age.

Lee Duval
Natick, Massachusetts

Flexing Our Spiritual Muscles

I read your article on "Ministers of Muscle" by Richard Daigle. I found it very enlightening to see such caring people taking time out to show teens what life can be like if they just put God first, use a little common sense, and trust one another when they're in need of support.

As a parent I'm trying to change my life because life is too precious to waste now. I have two teenagers who need structure in their lives. I'm trying to change for the better of my kids. I wanted to take my life because I didn't want any of the responsibilities that life had handed me. Now I know my family and friends do care and that everyone has made mistakes in their lifetime.

I will pray that God will look to The Ministers of Muscle and reward their special work. I'm proud to see that we have spiritual followers in God.

I want to thank The Ministers of Muscle and Richard Daigle for this inspiring article. It made my day!

Mrs. J. Keaton
Portage, Indiana

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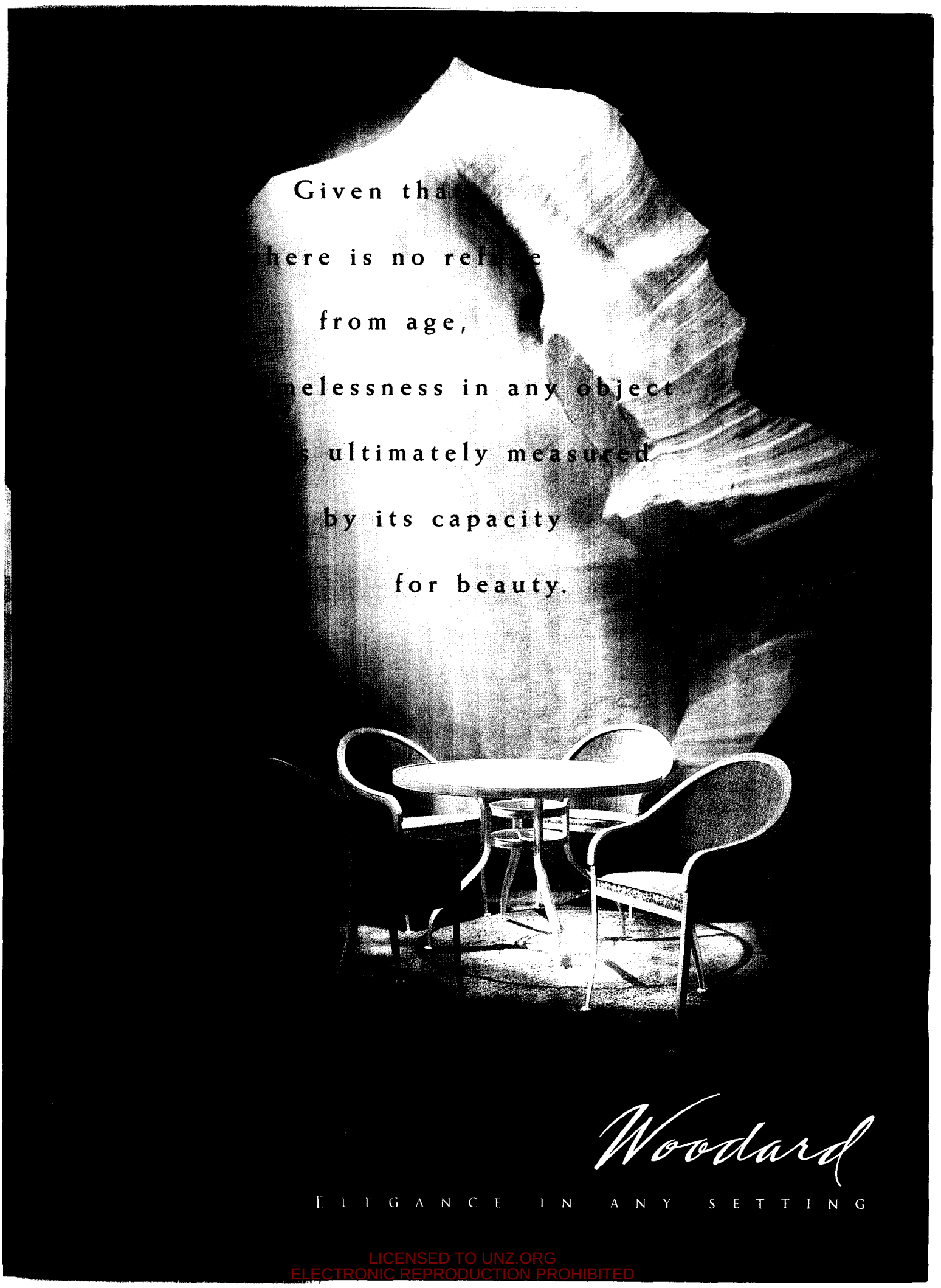

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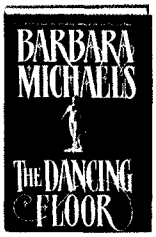

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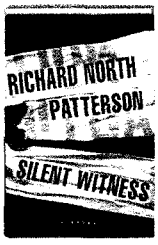

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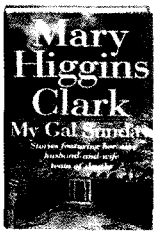

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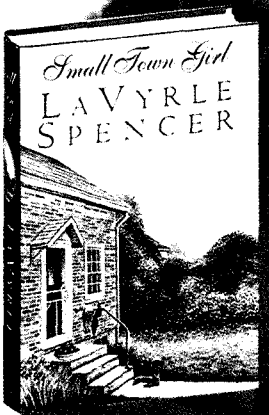

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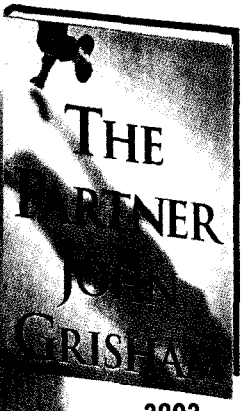

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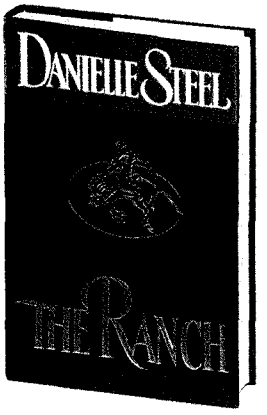

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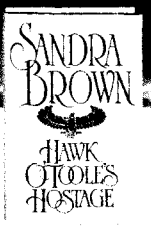

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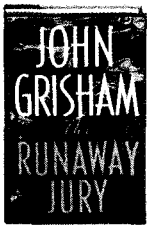

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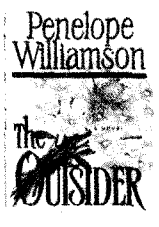

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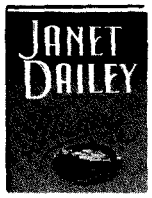

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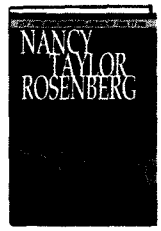

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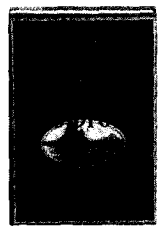

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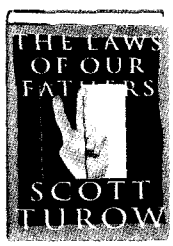

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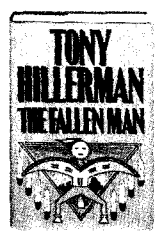

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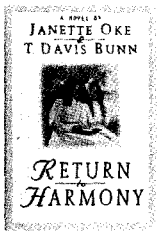

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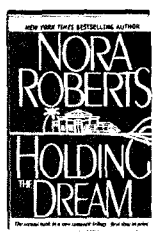

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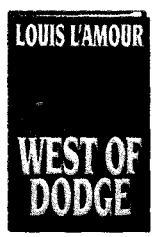

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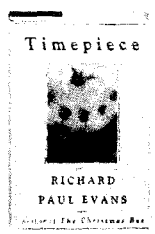

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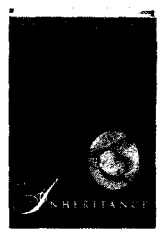

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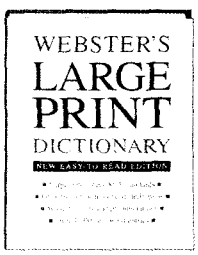

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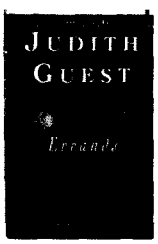

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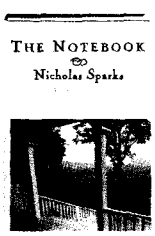

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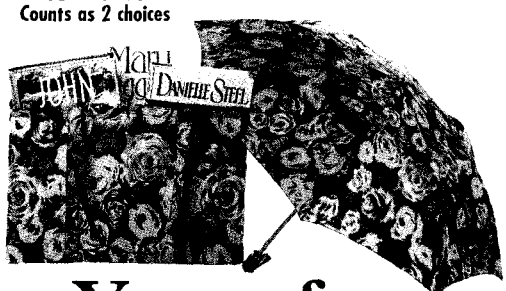

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Brewer's Yeast for Pets

In the March/April '97 issue of *The Saturday Evening Post* ("Letters") was a letter from Evelyn J. Robinson from South Bend, Indiana, about brewer's yeast for fleas. I would be interested in more information as to how to use this. Also, I've only found brewer's yeast in pill form and was wondering about powder form.

Thank you for any help you can give me.

Betty Harris
Monroe, Wisconsin

Editor's note: Mrs. Evelyn Robinson shared with us how much brewer's yeast she gives her pets. For large animals, such as a Dalmatian, one 500 mg tablet a day divided in half, mashed and mixed into each meal, is adequate. For smaller animals, mash half of a 500 mg tablet a day and mix it into the pet's meal.

Some pet-food brands, such as Sensible Choice and Kasco, have brewer's yeast already added. It would be listed on the ingredients label. You may have to give your pet more to reach the dosages Mrs. Robinson recommends. Some pet medicinal product lines also offer brewer's yeast for our four-legged friends. Check with your vet or pet-food supplier for what is available in your area.

5cts.
May 24, 1930
Alfred E. Smith—Albert W. Atwood—Mayor James J. Walker—Chet Shafer
Margaret Culkin Banning—Mary Lowrey Ross—William Hazlett Upson

Clever from Cover to Cover

I can't begin to tell you how much I enjoy the current version of *The Saturday Evening Post*—from cover to cover. The cartoons, the "Post Scripts," the medical pages, the articles (especially those by Maynard Good Stoddard!), the Norman Rockwell covers, the occasional reprint of an original story (do some Tugboat Annies!), the letters from readers.

Speaking of Stoddard: he is absolutely the cleverest writer I have ever encountered. Those unflattering cartoons of him illustrating his articles are a scream. Could you possibly be persuaded to print an actual photograph (current) of him (and dear wife) as well? I'd like to see how near to reality the illustrations are.

Also, do a reprint of a long-ago cover by Norman Rockwell of Gary Cooper in cowboy regalia, sitting on a stool and being made up for a role. Thanks.

Robin X. Bigham
Center Point, Texas

"Dropsical" Men

I had quite a jolt when I read the word "dropsy" in your article. It is not a familiar word, as you know, but it is to me.

In 1941, 56 years ago, as high-school sophomores in Boston, Massachusetts, we were asked to write assignments that used footnotes and a bibliography, etc. The home library of my father's doctor, Howard B. Sprague (one of the founders of the American Heart Association), served as source material for my paper, "The History of the Foxglove in Medicine."

Included, of course, was the old "witch" in a Shropshire forest brewing her foxglove "tea" for her old "dropsical" men. I have written (in case you missed it) to share with you, and the millions who are eternally grateful for digitalis, this poem:

As Dr. Withering so aptly put it:

"The foxglove's leaves, with caution given
Another proof of favoring heav'n
Will happily display;
The rapid pulse it can abate;
The hectic flush can moderate
And blest by him whose will is fate
May give a lengthened day."

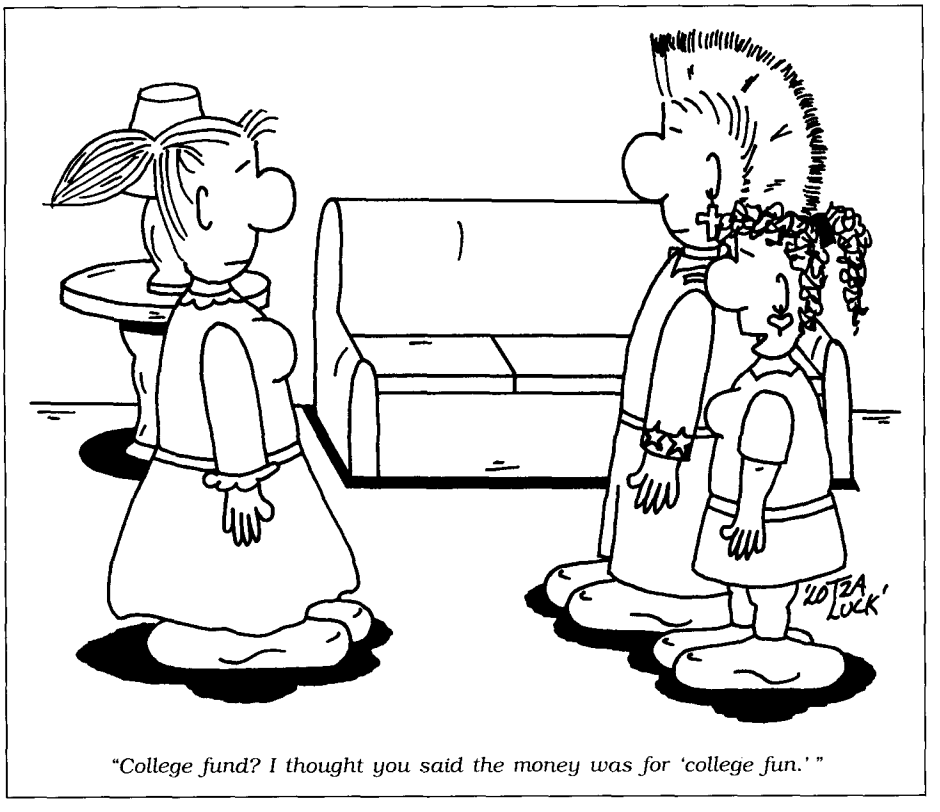
Foxglove grows freely in my California backyard.

Elizabeth Sprague Manson, M.D.
San Rafael, California

A "Freeze-Out" to Warm the Heart

I wish to tell you how much I enjoyed the story by F. Scott Fitzgerald in your February issue of *The Saturday Evening Post*. Please continue to publish adult fiction along with the children's.

Patricia Leslie
Lowell, Massachusetts



"College fund? I thought you said the money was for 'college fun.'"

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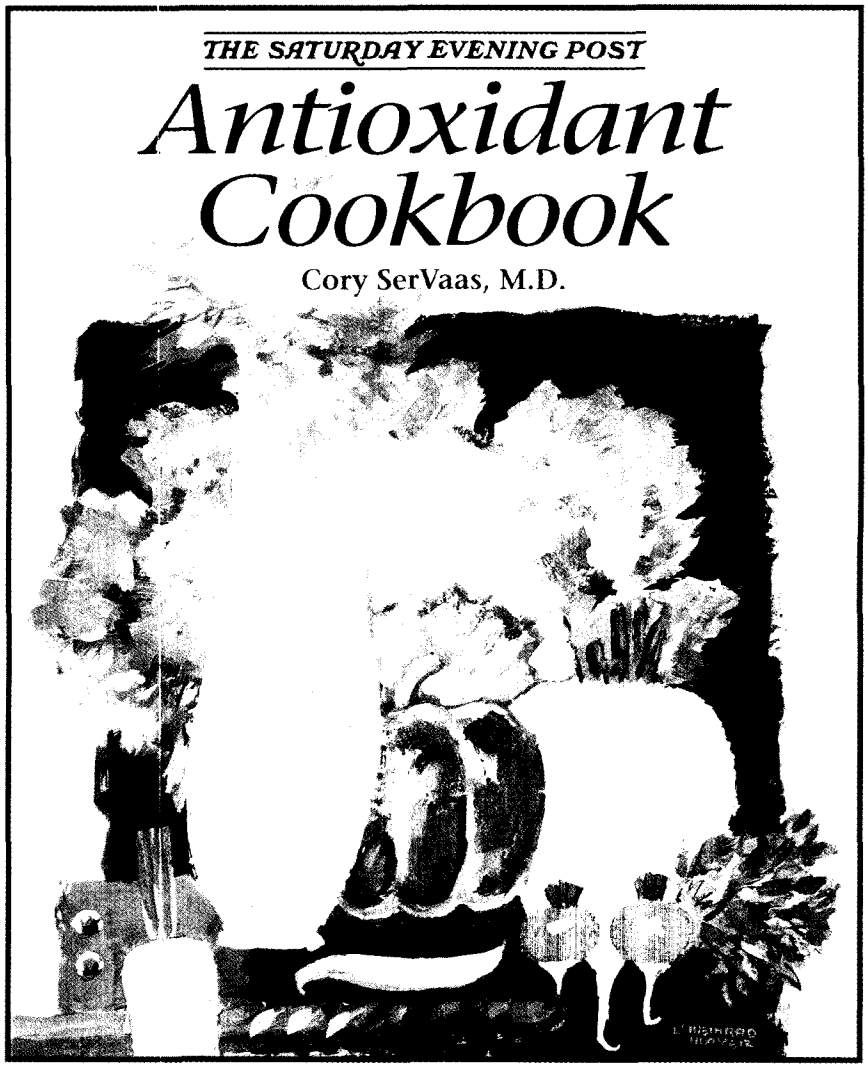

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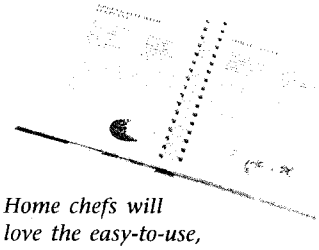

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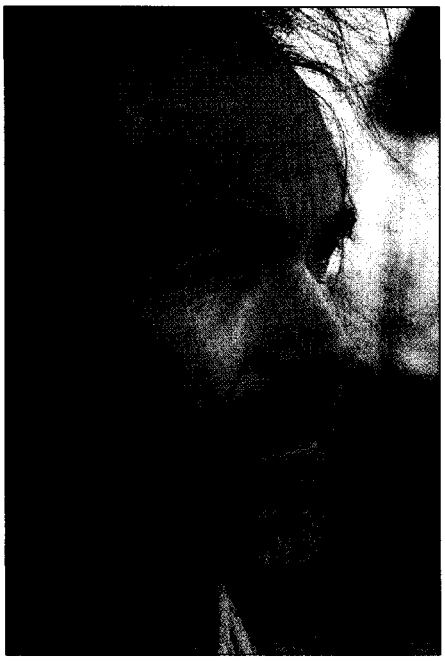
Post People

Walt Disney himself spotted actor ***Dean Jones*** on a short-lived TV sitcom, "Ensign O'Toole," then hired him for his studio's 1965 release, *That Darn Cat*. Thirty years (and 30 films) later, Jones returned for the recently released remake of the original.

Best known for durable "nice guy" roles in the Disney comedies *The Shaggy D.A.* and *The Love Bug*, Jones, like many character actors, struggled with typecasting.



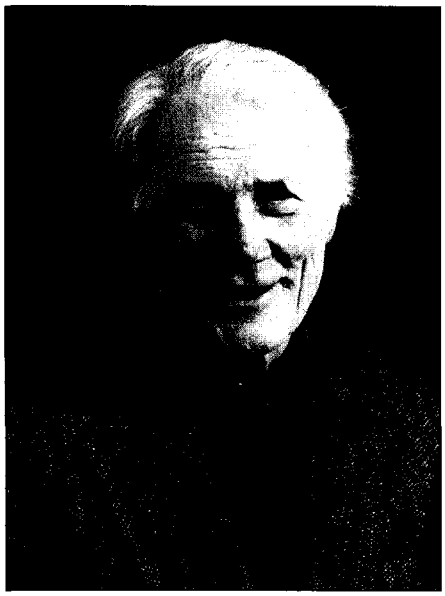
"Get typecast and it's hard to break out," Jones has said. "Unless you don't work for ten years."

But break out he finally did.

Today's video viewers can see Jones as the nervous company executive in the 1991 film *Other People's Money* or as the villainous veterinarian in *Beethoven*. He also portrays the apostle Luke in the home film series *The Visual Bible*. Although not immediately recognizable as the humble Gospel author in this Biblical dramatization, Jones soon gives himself away by flashing his trademark grin.

Jack Palance is well known for his "manly man" movie roles, such as "Curly" in the two *City Slickers* movies with comedian Billy Crystal, and for his capacity for performing grueling one-armed push-ups during the 1991 Oscars ceremony after winning for Best Supporting Actor.

Don't let the actor's rugged exterior fool you.

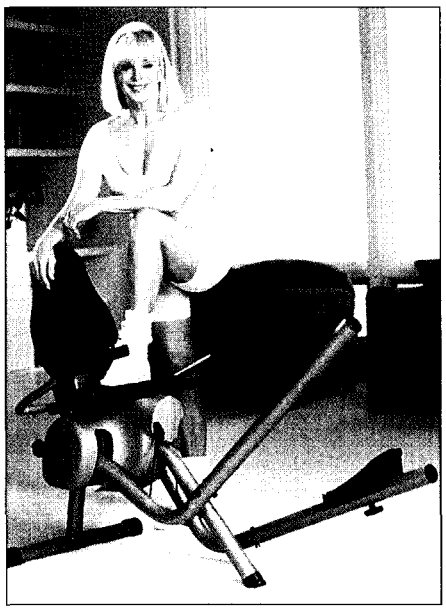


Palance is also a sensitive writer and artist who just published a book of poetry, *The Forest of Love* (Summerhouse Press).

"It's time to lay down those bad-guy gloves and show my tender side," the actor recently said about his first book, which includes his own artwork.

As for the future, the 77-year-old actor isn't pursuing new roles, but "if a great part dropped in my lap," he says, "I might consider it."

When we last saw "Dynasty" star ***Linda Evans***, she was kayaking and riding a bicycle. Now she's maintaining her well-proportioned body indoors with the Linda Evans LegShaper Plus, an innovative fitness product

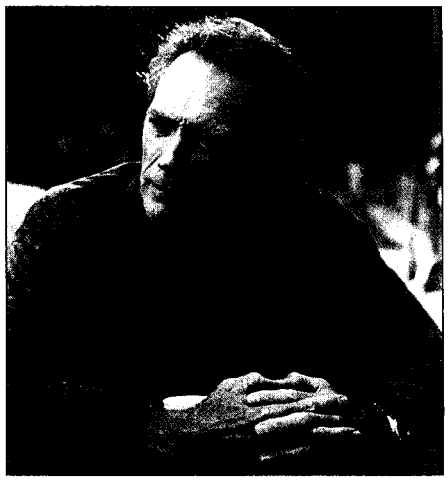


designed specifically for women. She also has a new workout video, two motivational audio tapes, and a nutrition guide.

"For nine years when I was on 'Dynasty' I had to stay in shape," she explains, "but when the show ended, I rebelled and put on 25 pounds. For the first time I seriously began to diet, but not until I added exercise did I really see results."

The 54-year-old actress began working out with weights in her 20s, "long before body sculpting for a woman was fashionable," she says. "Now I do cardiovascular exercises on a daily basis and lift weights every other day."

"Some say that a perfect government is a dictatorship that's benevolent," says ***Clint Eastwood***, whose latest film, *Absolute Power*, explores the abuse of high political office. "The trouble is, there's no such thing. . . . Those in power get jaded, deluded, and seduced by the power itself. It's not long before they believe their own press releases."



No one in Hollywood would argue, however, about Eastwood's star power or his industry clout. After 42 years as a film actor—including five *Dirty Harry* movies, countless comedies and westerns, 27 years as a director, and Best Picture and Best Director Oscars for 1992's *Unforgiven*—Eastwood is somewhat of an industry icon. And let's not forget his two years as mayor of Carmel, California, when Eastwood got a taste of political power firsthand.

"Actually, power isn't a bad thing if it's used in a constructive way *and* toward a positive end," the 67-year-old Eastwood recently said. "*Respect* is the key word."

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How Did Madeline Balletta Make Ben Kinchlow A Bee-liever?

Madeline and Ben are two dynamic, gifted people who love the Lord and are busy about the work He has given them to do. But sometimes even the most dedicated servants need a little help! Madeline has found the answer . . . and now Ben's discovered it, too!

Ben first met Madeline over 6 years ago in California while working on a television program. He was instantly captured by her warm and caring spirit, as well as her boundless enthusiasm! "There she was, at 2:00 in the morning, a 5 foot bundle of energy and there I was, a 6 foot bundle of rags!" exclaimed Ben. As co-host of the popular 700 Club, Ben's life was a hectic scramble of travel and personal appearances. Even though Ben enjoyed good health, many times he found himself fatigued and lacking the vitality he needed to fulfill all of his responsibilities.

Madeline, herself, experienced a severe need years ago when she became so fatigued that she could not even care for her family. "Waking up everyday was a chore, and I could do nothing but pray for an answer!" said Madeline. At that time, a concerned friend told her about the importance of good nutrition and introduced her to one of nature's most wondrous gifts: Royal Jelly. This precious natural substance, known as the food of the Queen Bee, has been used for centuries in Europe and the Orient for its amazing benefits. It is a powerhouse of vitamins and minerals and provides all of the essential amino acids. It contains B-complex vitamins and is a particularly rich source of pantothenic acid (B5). Through this miraculous food and a healthier lifestyle, God restored Madeline to the person He intended her to be. She was once again able to care for her family and began to truly enjoy life! Her vision to share this gift and to help others feel their best became the inspiration she needed to start her own company. At Bee-Alive, we believe Royal Jelly is one of many natural substances God has created for His people.

Today, 11 years later, Madeline keeps a schedule that amazes even Ben! She travels extensively doing TV and radio interviews, as well as conducts seminars teaching about good nutrition and the many benefits of Bee-Alive Royal Jelly! In Ben's words, "Bee-Alive Royal Jelly makes such a difference in my life — I wouldn't go a day without it. I recommend it highly."

Like Ben, thousands have learned how good nutrition and Bee-Alive Royal Jelly can make a dynamic difference in the way they feel. As he travels around the country, he loves to hear their personal success stories. Listen to just a few . . .

"Modern medicine often times does not recognize what nature has to offer. I feel Royal Jelly is a natural product that incorporates many of the things I believe in for correct holistic and preventative care!"
Neil Block, M.D., Orangeburg, NY

"I was very skeptical about your Bee-Alive products but I'm a Bee-liever now! As a single mother of 2, working full-time, my increased energy and well-being are true gifts. Thank you!"
Sabrina Shapiro, Citrus Heights, CA

"I'm 75 and I started taking Royal Jelly 6 years ago because I needed some extra energy. I now walk a few miles a day and I even keep up with my grandchildren. They say, 'Go, Go Grandma!' But the best part is that it's done so much more for me than I expected — I actually feel better than I have in years!"
Edith Strack, Lakeland, FL

"After taking Royal Jelly for just 3 weeks, I began to feel better. I've been back to work now for 2 months and I'm feeling as good as I did 10 years ago. I don't get tired and fatigued anymore. I just want to thank you for helping me!"
Shirley Whitt, Newfoundland, Canada

Ben says . . .

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STAND BY FOR NOOZ!

What sounds right is what we grew up with, even if our language grew up on the wrong side of our mouths.

by Wen Smith

Illustrated by Don Trawin

On a Tuesday about noon we were listening to the radio when Paul Harvey's distinctive voice came on: "Good morning, Americans! Stand by for *news*!"

We stood by. Paul Harvey's commanding manner told us we should, even though we were pretty well fed up on news.

"How does he make the news sound so important?" my wife said.

Like most of her questions, this one set me to looking for an answer.

"Maybe it's his pronunciation," I said. "He doesn't say, 'Stand by for *nooz*'; he says, 'Stand by for *nyooz*.' "

"He puts a 'y' sound into it, doesn't he?" she said. "It's the way some people pronounce *Nyoo* York and *Nyoo* Jersey."

"I don't think they do that in New Jersey," I said. "Sometimes they leave the *New* out altogether. It's just 'Joisey.' "

"And I've heard '*Nyoo* Orleans,' " she said.

"But not," I said, "from people who live in 'NAW-linz.' And down there they sing the *blooz*, not the *blyooz*."

I was reminded of one of my speech teachers who always insisted on *nyooz*, not *nooz*. She expected a precise and refined elocution. She always preferred the *nyooz* on *CHOOZ-day*, her favorite day of the week. It made most of us think of bubblegum. Somehow we all knew, or *nyoo*, that her ear was set to a different *choon*, and most of us did it her way in class and another way everywhere else.

"I've always said *TOOZ-day* and *nooz*," my wife said. "Very few people say, 'the *CHOOZ-day nyooz*.' "

"Very few," I said. "But you said '*fyoo* people,' not '*foo* people.' If *f-e-w* sounds like *fyoo*, then I suppose *n-e-w* should sound like *nyoo*."

"If a word begins with *n-e-u*," she said, "then I say *nyoo*, as in *neurosis*."

"I guess I'm *NOO-truhl* on that," I replied.

"*NYOO-truhl*," she said.

Folks who are picky about pronunciation often focus on one thing and forget another. I've heard people talk about "*NYOO*-kyoo-ler" energy, not knowing that there's no *kyoo* in it. Those who really understand the word will say "*NOO*-klee-er"—or maybe "*NYOO*-klee-er."

By that time Paul Harvey was on "page two," his way of identifying a commercial. And I noticed he didn't say "page *choo*." I don't know how he would pronounce *CHOOZ-day*. If he said, "the *nyooz* at *nyoon* on *CHOOZ-day*," I'd probably reach for the switch and *choon* him out.

Pronunciations are largely matters of taste, and there's no disputing taste. What sounds right is what we grow up with, even if our language grew up on the wrong side of our mouths. It's not easy to teach an old tongue *nyoo* tricks.

"Stress is another matter," I said, "and much more important. Every language has its characteristic stress patterns, and you won't be understood if you get the *em-FASS-uss* on the wrong *suh-LAB-uhl*."

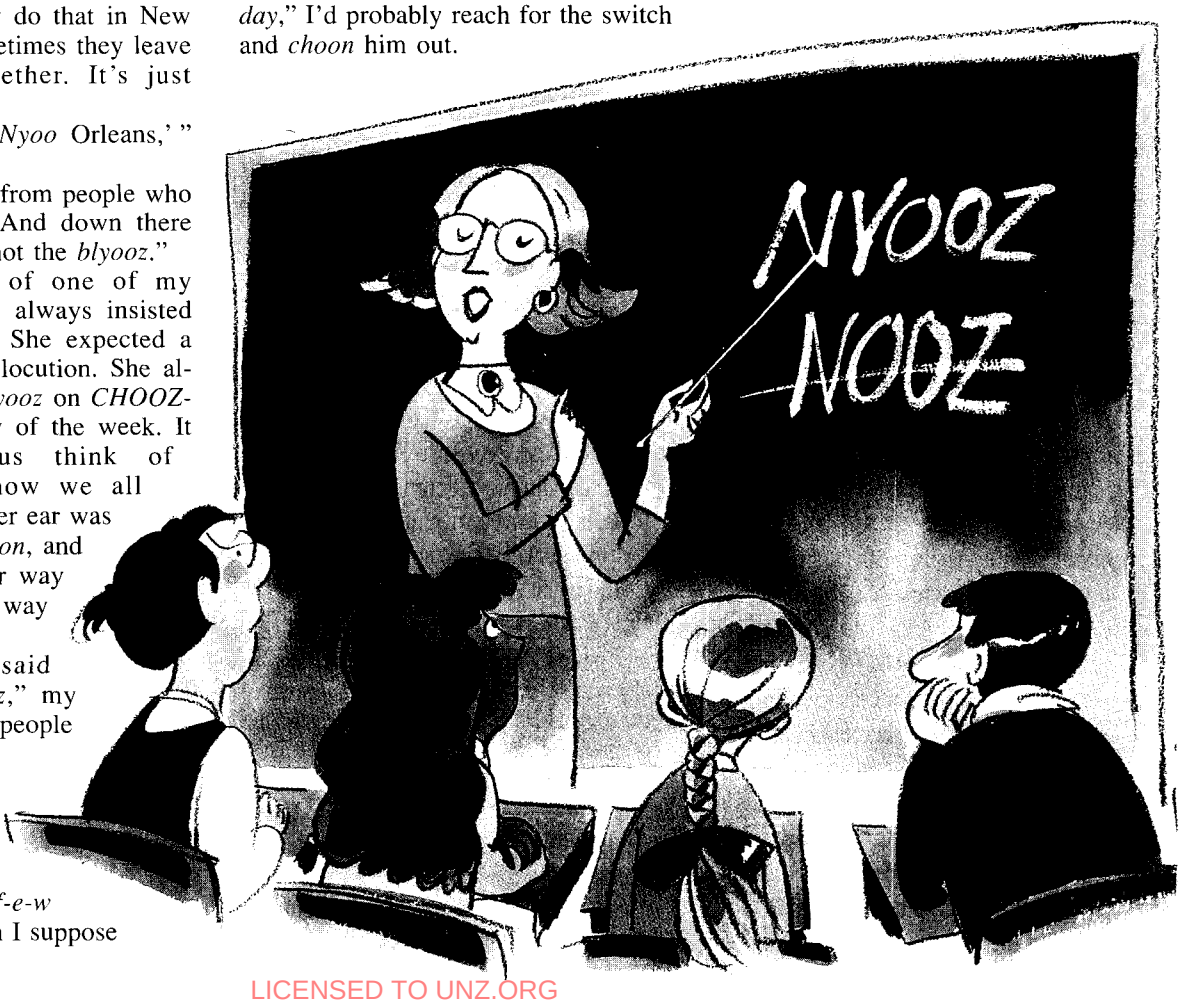
"Bet you learned that in a language *luh-BORE-uh-tree*," she said.

Speared again.

Language has music in it, and you're in luck if you can carry that tune. Or, as my old teacher would say, if you can carry the *choon*. If you want to be as eloquent as Paul Harvey, you have to know more than the *nyooz*. You have to get the music right, too.

Paul Harvey had filled his quarter hour. He had a story about a guy who called in sick every day for 15 years—and stayed on the payroll, so now he's eligible to retire. Nice ironic tag on the *nyooz*.

My wife and I joined in for the finish: "Good *day*!"



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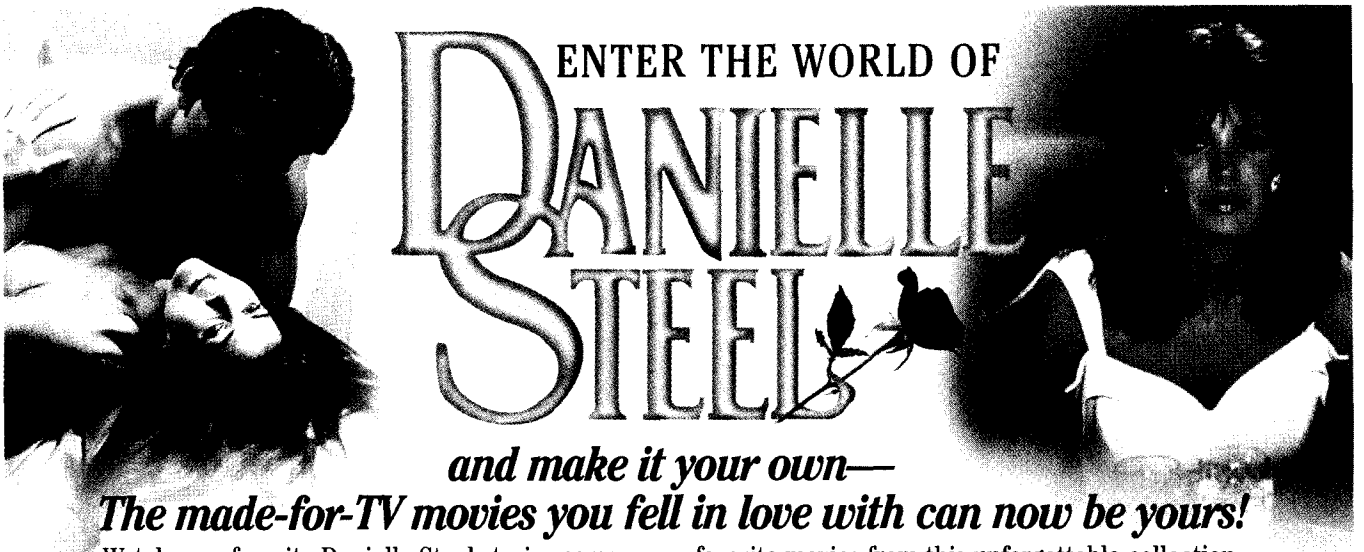

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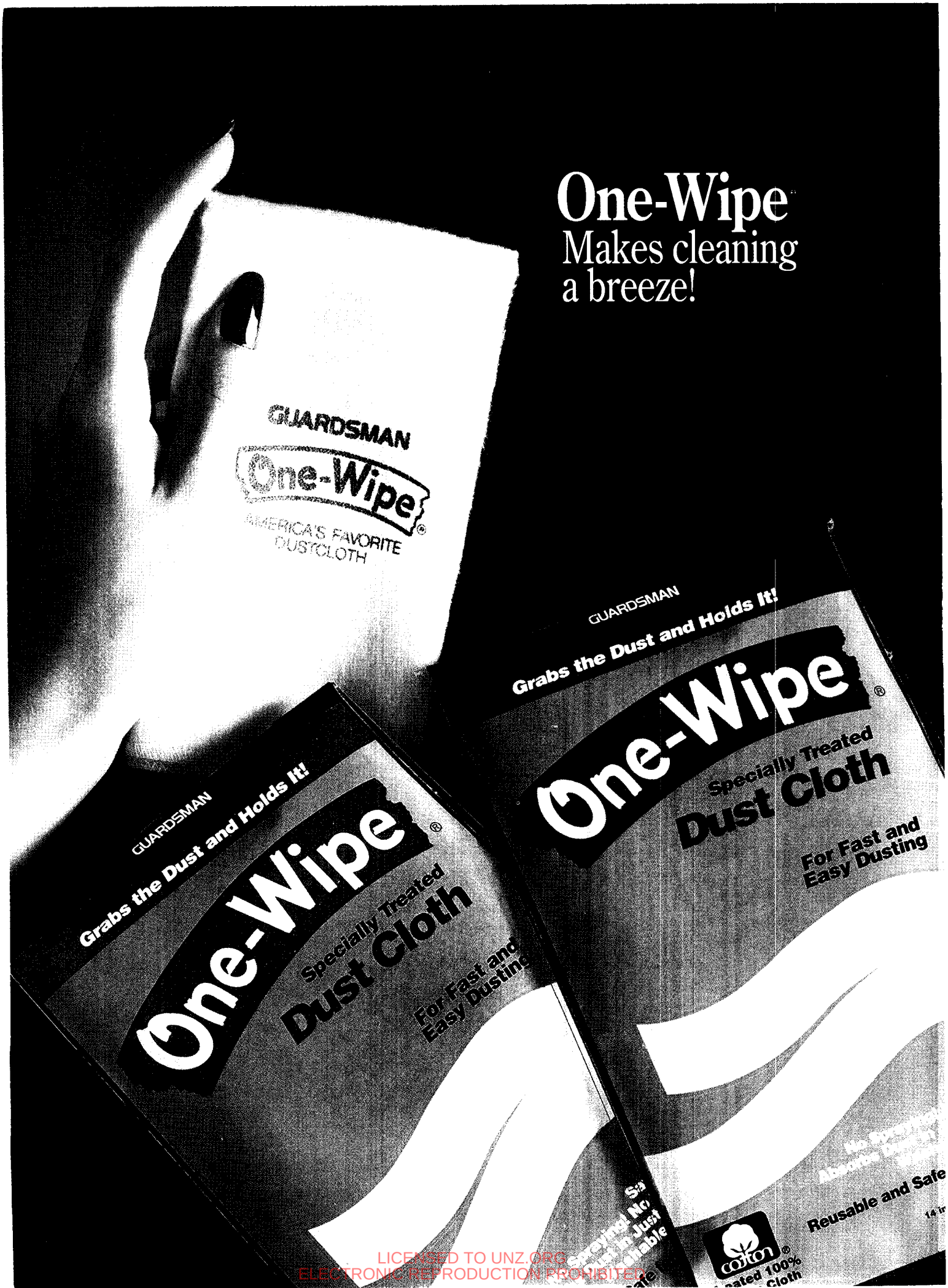

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FOOD

DESIGNER GREENS

American salads are turning over a new leaf.

A culinary tradition from the south of France, piquant and peppery mescluns include sharp arugula, tangy mustards, spicy cresses, and zesty chicory.

Springtime is the time to lighten up, especially at mealtimes, and a variety of new garden greens are here to help us do just that. Mescluns, mixes of tender young lettuces and peppery flavored plants—including purslane, arugula, chervil, and others—are gaining ground in American gardens and kitchens.

Seed companies now offer mesclun mixes, including Provençal Mix, Mild Mix, and Tangy Mix, the flavor depending on which greens are included. The mesclun mixes are grown in one garden row or patch so you can pick a whole tossed salad from one place.

The mesclun idea comes from southern France, where mesclun purists employ only certain greens in set proportions. In America, however, anything goes and mescluns may contain lettuces of all kinds, as well as chervil, endive, purslane, cress, parsley, fennel, escarole, and even flowers and dandelion greens.

Lettuces used in mescluns are mostly loose-leaf and include brightly colored red varieties such as Red Oakleaf, Red Sails, and Red Salad Bowl. Other common mesclun ingredients include chicory, an endive relative, and mustards, as well as watercress, kale, and arugula (roquette). Herb components may include dill, anis, caraway, lovage, coriander, and angelica. The great thing about mesclun salads is that each bite has a slightly different flavor. And many mescluns are high in vitamin A as well as potassium.

The French season their mescluns with vinaigrette made of olive oil, herbs, garlic, and sometimes anchovies. To flavor our mescluns, we have prepared some new and delicious salad dressings made with the latest heart-healthy ingredients: flaxseed oil and soy products. They include an eggless Caesar salad dressing, a soy vinaigrette, a tofu Thousand Island dressing (one of our favorites), and a soy or flaxseed french dressing. *Bon appétit!*

Soy Thousand Island Dressing

(Makes 1⅓ cups)

1 package (10.5 oz.) soft tofu, drained
3 tablespoons plus 1 teaspoon lemon juice
3 tablespoons plus 1 teaspoon ketchup
1 tablespoon green onion, chopped
3 tablespoons sweet pickle relish
2 rounded tablespoons onion, chopped
¼ teaspoon black pepper

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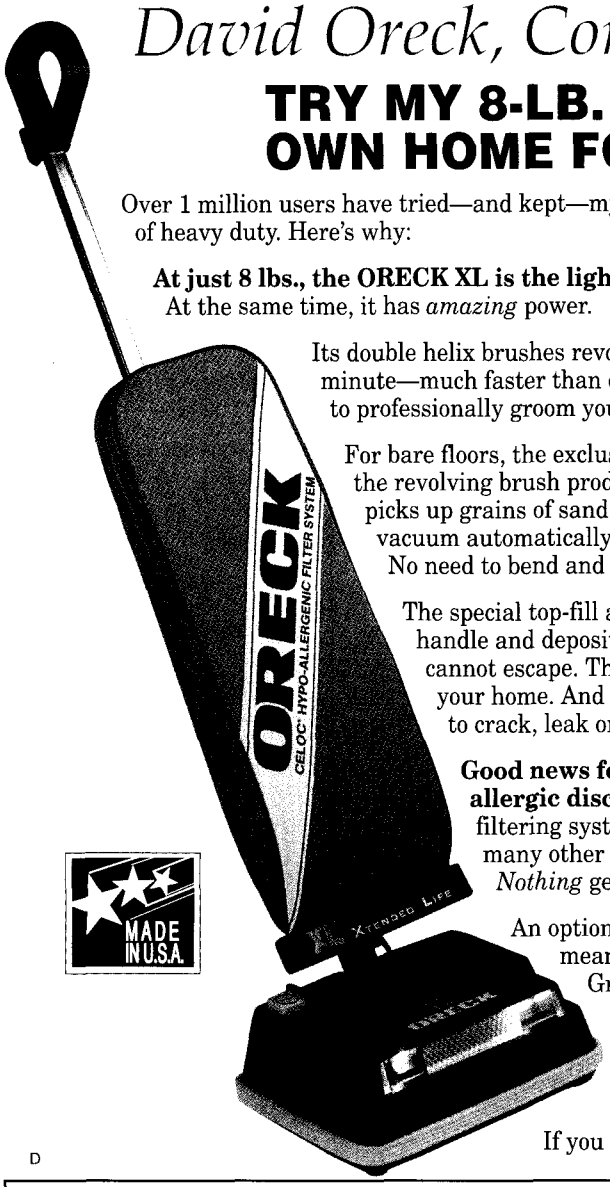

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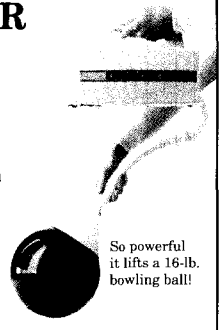

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In blender or food processor, combine tofu, lemon juice, and ketchup. Whip till smooth. Refrigerate 15-20 minutes. Add remaining ingredients and whip till blended. Chill minimum of 1 hour. Serve over salads or on hamburgers.

Per Serving (1 tablespoon):
Calories: 19 Carbohydrate: 2.0 gm
Cholesterol: 0 mg Protein: 1.1 gm
Sodium: 52 mg Fat: 0.7 gm
Diabetic exchange: *Free list*

"Eggless" Caesar Salad Dressing

(Makes 2½ cups)

½ cup grated Romano cheese
Juice of 1 lemon
3 cloves garlic
1 teaspoon freshly ground black pepper
¼ teaspoon Tabasco sauce
2 tablespoons Dijon mustard
1 teaspoon dried oregano
½ teaspoon Worcestershire sauce
¼ cup rice wine vinegar or red wine vinegar
1 cup olive oil
1 cup vegetable oil

Combine all dressing ingredients except vinegar and oils in blender until smooth. Remove center cap from blender lid to pour in oils. Turn blender on and slowly add oil to whirling mixture in fine, steady stream until emulsification occurs. After 1 cup oil, add vinegar. Continue with remaining oil. If dressing becomes too stiff, add small amount of water, just enough to keep it swirling. Final result should resemble thin emulsion.

Per Serving (2 tablespoons):
Calories: 220 Carbohydrate: 0.8 gm
Cholesterol: 3 mg Protein: 1.2 gm
Sodium: 105 mg Fat: 23.5 gm
Diabetic exchange: 2 fats per tablespoon

Modified French Dressing

(Makes 5 servings)

1 tablespoon soy or flaxseed oil
5 tablespoons chicken stock (can be low-salt)
1 clove garlic, peeled
½ teaspoon minced fresh (or ¼ teaspoon dried) tarragon
½ teaspoon minced fresh parsley
2 leaves fresh basil, minced, or 1 tablespoon dried
1 tablespoon wine or rice vinegar
1 tablespoon lemon juice
½ teaspoon ground pepper
1 tablespoon ketchup

Combine oil, stock, garlic, and herbs in small bowl and let marinate 2 hours. Add vinegar, lemon juice, pepper, and ketchup. Mix well with fork. Store covered in refrigerator; use within 1 week.

Per Serving (2 tablespoons):
Calories: 34 Carbohydrate: 1.6 gm
Cholesterol: trace Protein: 0.3 gm
Sodium: 45 mg Fat: 2.9 gm
Diabetic exchange: ½ fat

Soy Vinaigrette

(Makes about 1 cup)

3 teaspoons honey
3 teaspoons low-sodium soy sauce
3 tablespoons rice vinegar
6 tablespoons water
3 tablespoons olive or flaxseed oil

Combine all ingredients in small, tightly covered container and shake hard. Serve or store.

Per Serving (1 tablespoon):
Calories: 44 Carbohydrate: 1.5 gm
Cholesterol: 0 mg Protein: 0.1 gm
Sodium: 49 mg Fat: 4.0 gm
Diabetic exchange: 1 fat

Mustard Salad Dressing

(Makes about 3 tablespoons)

2 tablespoons lemon juice
1 teaspoon flaxseed or soy oil
½ teaspoon sugar
¼ teaspoon paprika
½ teaspoon favorite mustard

Combine all ingredients in covered pint jar. Shake well. Store in refrigerator.

Per Serving (1 tablespoon):
Calories: 27 Carbohydrate: 2.0 gm
Cholesterol: 0 mg Protein: 0.4 gm
Sodium: 8 mg Fat: 1.9 gm
Diabetic exchange: ½ fat

French Mixed Lettuce Salad

(Makes 4 servings)

1½ cups each of 4 lettuces (choose from arugula, endive, escarole, Bibb, romaine, or cress)
¼ cup Modified French Dressing

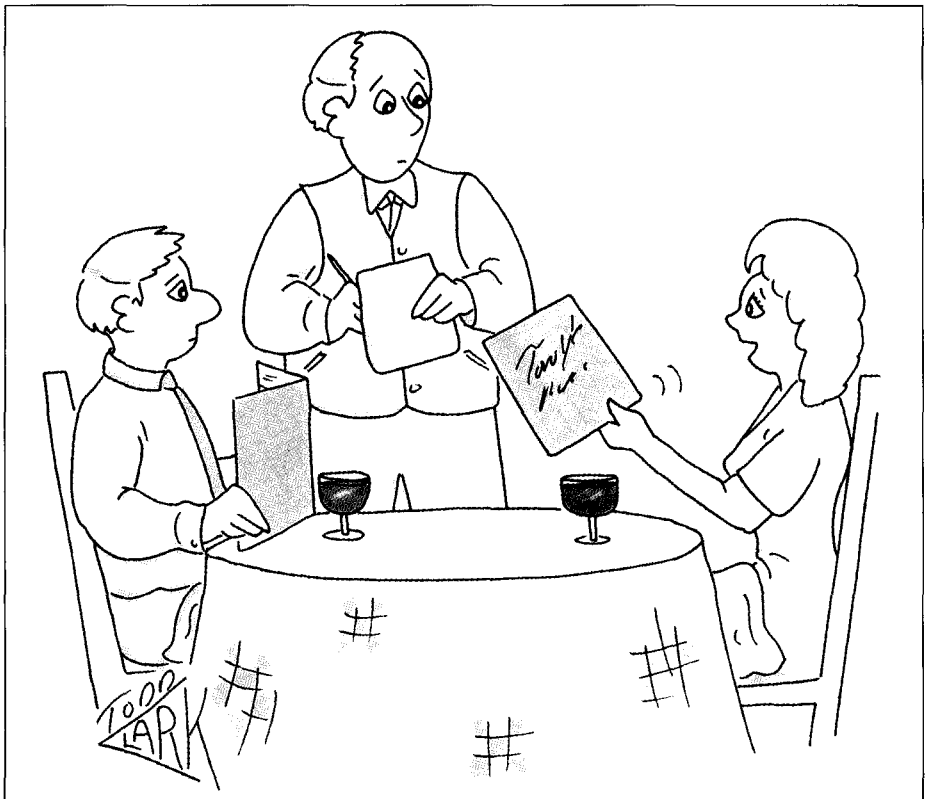
Wash and drain lettuces. Tear each of 4 lettuces into bite-sized bits. Chill 30 minutes; toss with French Dressing in salad bowl and serve.

Per Serving (1½ cup):
Calories: 35 Carbohydrate: 3.6 gm
Cholesterol: trace Protein: 1.2 gm
Sodium: 31 mg Fat: 1.7 gm
Diabetic exchange: ½ vegetable + ½ fat

Mustard, Spinach, and Endive Salad

(Makes 8 servings)

4 cups mustard greens
4 cups fresh spinach



"And could I get extra garlic? I can tell this date's going nowhere."

continued on page 64

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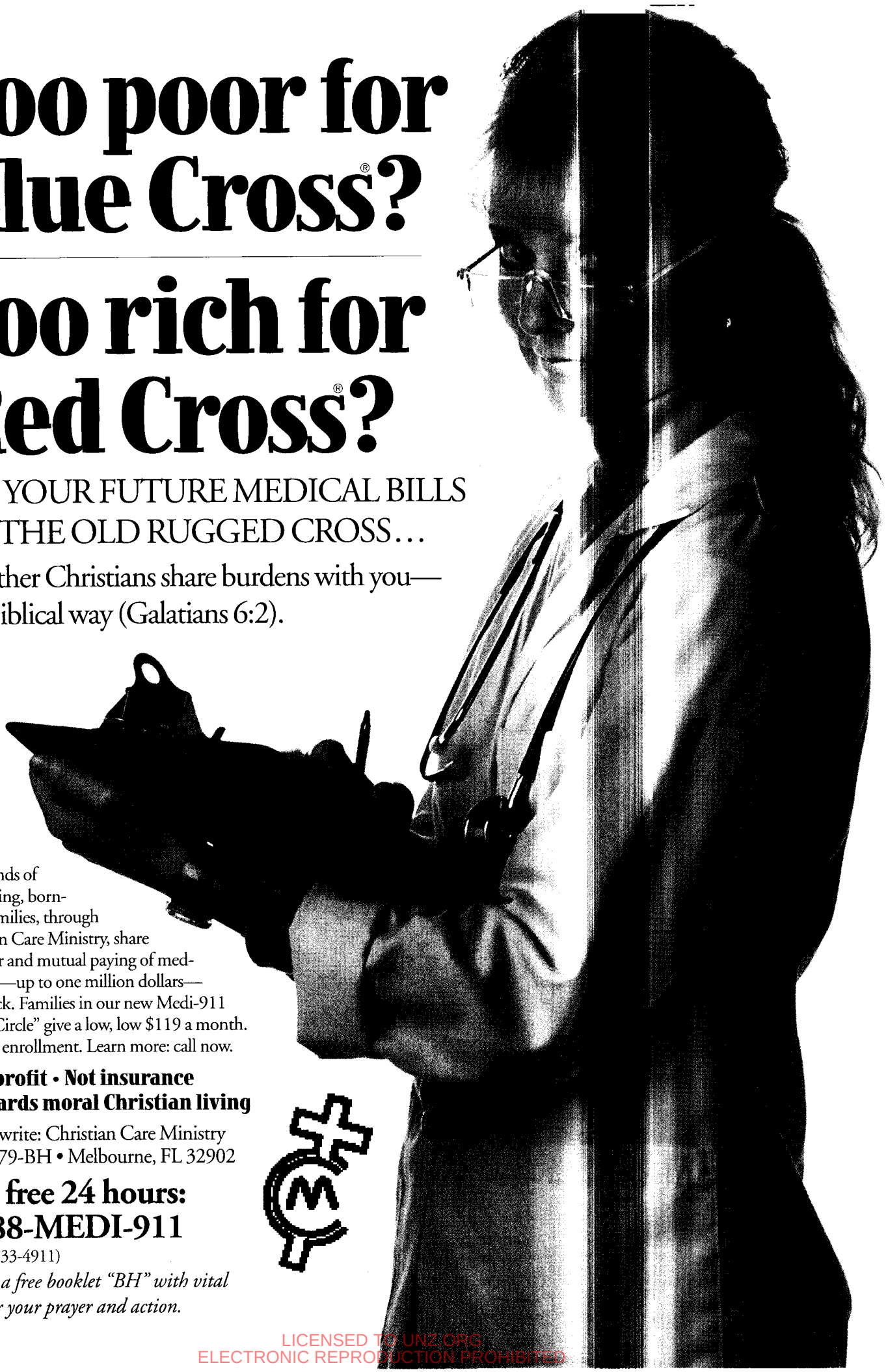

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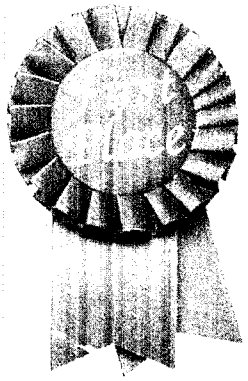

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VETS ON PETS

HELP FOR YOUR OVERWEIGHT PET

Obesity has become epidemic among dogs in the U.S., but a good weight-loss program can remedy this "disease of affluence."

by Liz Palika

Illustrated by Albert Staehle

The old saying, "You are what you eat," has found new life today as more and more people overindulge. Obesity has become something of an epidemic in the United States—and not just in humans. Dr. Joseph Killian, a veterinarian who recently retired to Southern California, said that more than 40 percent of the dogs coming into his clinic during the last decade were heavier than they should be. Dr. Killian also feels there is a relationship between overweight dogs and overweight owners.

Some dog breeds gain weight more easily than others. Cocker spaniels, beagles, basset hounds, and dachshunds are among those breeds predisposed toward obesity.

"I haven't done any formal studies as to how many obese dogs are owned by overweight people, but I did see a relationship in my clinic," he said.

"I also found it very difficult to tell a client that his or her dog was dangerously overweight, especially if the owner was also overweight."

"Figures show that between 25 and 40 percent of American dogs are overweight," said Larry McDaniel, D.V.M., group director of veterinary marketing for Ralston Purina, St. Louis, and past president of the American Academy of Veterinary Nutrition. "This is a disease of affluence."

What is Obesity?

Obesity, as defined by the Purina Pet Care Center Information Series, is an excessive accumulation of body fat. According to reports, an obese dog's weight varies from 15 percent to 25 percent more than its ideal weight. Determining what is ideal isn't easy and still doesn't tell you the critical factor—the percentage of body fat compared to muscle and bone mass.

It is this balance that ultimately diagnoses obesity. Richard Shields, Jr., general manager of nutrition for Heinz Pet Products in Newport, Kentucky, said that most dogs, at weaning, have a body fat composition of about 15 percent. "However, every animal's needs and appetites are a little different, and it's hard to regulate," he said.

Overweight dogs may suffer from a number of health problems. Locomotion ailments are very common and may include spinal problems, including disc disorders, arthritis, hip dysplasia, elbow dysplasia, and ligament ruptures. Obese dogs are prone to skin disorders, have lowered resistance to infections and viruses, and have an increased risk of hypertension.

Excess weight places a burden on an obese dog's heart, and fatty tissue affects blood vessels, which can cause circulatory problems. Breathing is difficult for obese dogs and lung problems are common, as is impaired liver function.

Gastrointestinal problems may include constipation, other stool irregularities, excessive flatulence, and pancreatitis. Diabetes is a major threat to obese dogs because fat suppresses insulin, so even if the dog's body is producing it, the body is not responding properly.

continued on page 64

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HEARTBEAT

The Healthy Heart Report

SALT SAVVY

For some of us, excess salt can cause a dangerous rise in blood pressure. Here's help to shake the salt habit.

by Ted Kreiter

Old habits are hard to break, especially ones that have been around for 8,000 years. That's how long people have been adding salt to their food and, in the process, raising their blood pressure. As long ago as 4500 B.C., a Chinese physician noticed that "if too much salt is used in food, the pulse hardens." This doctor, known as the Yellow Emperor, was well ahead of his time in recognizing the link between high sodium intake and high blood pressure. Today, helping salt-sensitive patients with high blood pressure to reduce their sodium intake still remains a primary concern of many physicians.

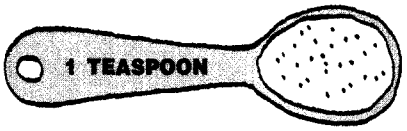
The American Heart Association recommends that the average person consume no more than 2,400 milligrams of sodium per day (a little more than one teaspoon table salt). Yet it is estimated that most Americans consume at least twice that amount, between 4,000 and 6,000 mg of sodium daily. The human body only needs about 500 mg of sodium daily to stay healthy. It is believed that excess sodium, consumed on a regular basis, may lead to elevated blood-pressure levels in a society. In our society, other authorities point out, more than 25 percent of people are salt sensitive, and it is in these people that excess salt causes a rise in blood pressure.

Why is excess salt bad for some of us? Researchers surmise that the problem originated in the early days when humans lived in a low-salt, high-potassium environment. The body developed mechanisms for retaining sodium and for disposing of potassium. Today, the situation is reversed, and the body receives more sodium than potassium, but it is still retaining sodium and excreting the potassium.

Most of us are unaware of how much sodium we actually consume on a daily basis. The amount adds up quickly, even with a well-balanced diet. A serving of instant oatmeal for breakfast contains 286 mg of sodium, one of canned green beans has 313 mg, and another of rice pilaf contains 403 mg sodium. Already this amounts to nearly half the daily sodium recommendation.

Modern food processing has contributed to our dietary salt overload. The chart "Where is Sodium Found?" on page 28 shows how sodium levels in food can skyrocket when food is processed. Eight ounces of milk, for example, contain 120 mg of sodium, but one ounce of processed American cheese contains 406 mg of sodium. During canning and processing, not only

Sodium Measurements



1 teaspoon salt contains 2,325 mg sodium

1/2 teaspoon salt contains 1,160 mg sodium

1/4 teaspoon salt contains 580 mg sodium

Shoppers' Guide to Sodium

Take this list of common sodium compounds along to the grocery store. Look for the word soda or the symbol Na on labels.

- sodium chloride
- baking soda
- baking powder
- disodium phosphate
- sodium alginate
- sodium benzoate
- sodium hydroxide
- sodium nitrite
- sodium propionate
- sodium sulfite
- disodium glutamate
- sodium citrate
- sodium bicarbonate

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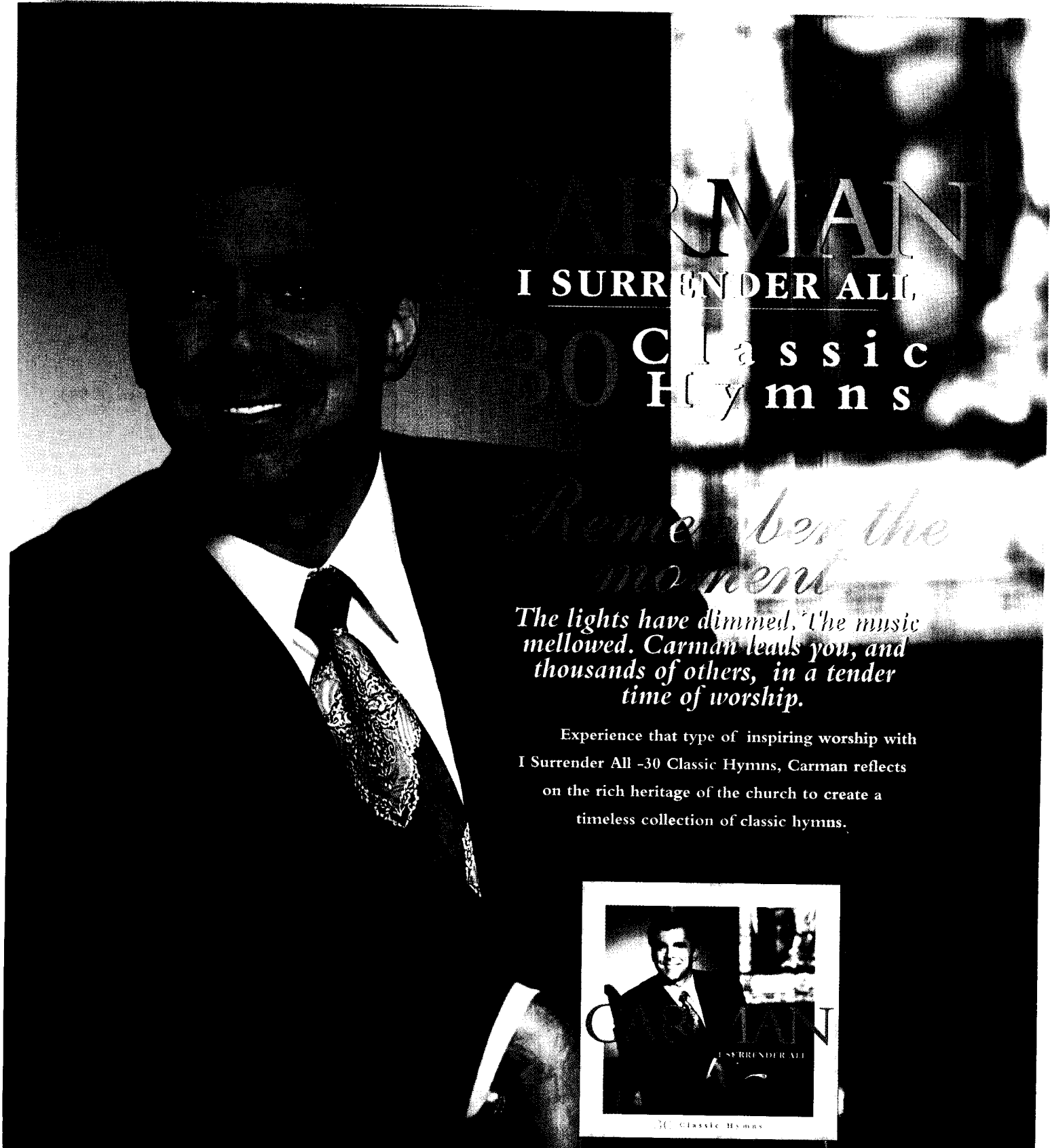

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does the sodium content increase, but potassium content decreases.

Recent studies show that it may be possible to mitigate the effects of excess dietary sodium by eating more potassium-rich foods. (A medium-sized banana contains 451 mg of potassium and 1 mg of sodium. Many gerontologists recommend a banana a day for their patients.) There is also evidence that other minerals such as magnesium and calcium play a role in blood-pressure regulation.

When doctors ask patients to cut back on sodium, many take it to mean they should stop salting their food at the table. But this will reduce sodium intake by only about 10 percent. More sodium is often added during home cooking. And this is where salt alternatives can be helpful. Products such as Morton Salt Light, Cardia, and Lysine & Less Salt are approximately 50 percent sodium and include other elements such as potassium and magnesium that may help blunt sodium's blood-pressure-raising effects.

A large population study in Finland, where one salt alternative has been widely adopted in home kitchens and by the food industry, showed a 60 percent decrease in deaths from stroke and heart disease among 30- to 59-year-old men and women from 1972 to 1992. Although a small part of the reduction (6 percent) was due to increased use of blood-pressure-lowering drugs, the largest reduction was attributed to a drop in sodium intake resulting from the use of a salt alternative.

Where is Sodium Found?

Canned, frozen, and packaged foods

- Fresh green beans (½ cup) = 2 mg
- Frozen green beans w/butter sauce (5.5 oz.) = 360 mg
- Canned green beans w/onions, red peppers, garlic (½ cup) = 425 mg
- Canned reduced sodium chicken noodle soup (1 serving) = 439 mg
- Canned chicken noodle soup = 1,107 mg

Dairy Products

- Milk (8 oz.), whole = 120 mg
- Cheddar (1 oz.) = 176 mg
- American (1 oz. processed) = 406 mg

Ham, bacon, luncheon meats, and other cured meats

- Pork loin (3.5 oz.), roasted = 69 mg
- Bacon (3 pieces, or ½ oz.) = 303 mg
- Turkey ham luncheon meat (2 slices) = 565 mg
- Ham, cured, roasted (3.5 oz.) = 1,500 mg

Salted nuts, chips, pretzels, and other snacks

- Toasted almonds (1 oz.) = 3 mg
- Roasted and salted almonds (1 oz.) = 121 mg
- 1 oz. potato chips = 133 mg
- 1 large pretzel = 570 mg

French fries, pizza, tacos, and other fast foods

- 1 baked potato = 16 mg
- French fries (large order) = 819 mg
- 2 medium slices cheese pizza, Pizza Hut = 940 mg

Pickles, ketchup, and other condiments

- Picante sauce (3 tbs.) = 340 mg
- Soy sauce (1 tbs.) = 750 mg

Source: Bowes & Church's, 1994

SEASONINGS HIGH IN SODIUM:

Bouillon Cubes
Celery flakes, seed, salt
Chili sauce
Horseradish, prepared with salt
Ketchup
Lemon pepper
Meat extracts
Meat sauces
Meat tenderizers
Monosodium glutamate (MSG)
Mustard, prepared
Parsley flakes
Salt, sea salt
Soy sauce
Tomato paste with salt added (check label)
Worcestershire sauce

There are also other ways to cut back on sodium intake. Careful shopping can help. The FDA has assisted

continued on page 78

For those who like to shake something white and crystalline on their food, try filling your salt shaker with any of the above. Cardia is a relatively new product that contains 540 mg sodium, 360 mg potassium, and 28 mg of magnesium per half teaspoon. Lysine & Less Salt, available from the American Foundation for Preventive Medicine, contains 358 mg sodium and 106 mg potassium per half teaspoon. Crystalline Lysine has no sodium. Morton Salt Substitute contains 0 mg sodium and 1,220 mg potassium per half teaspoon.

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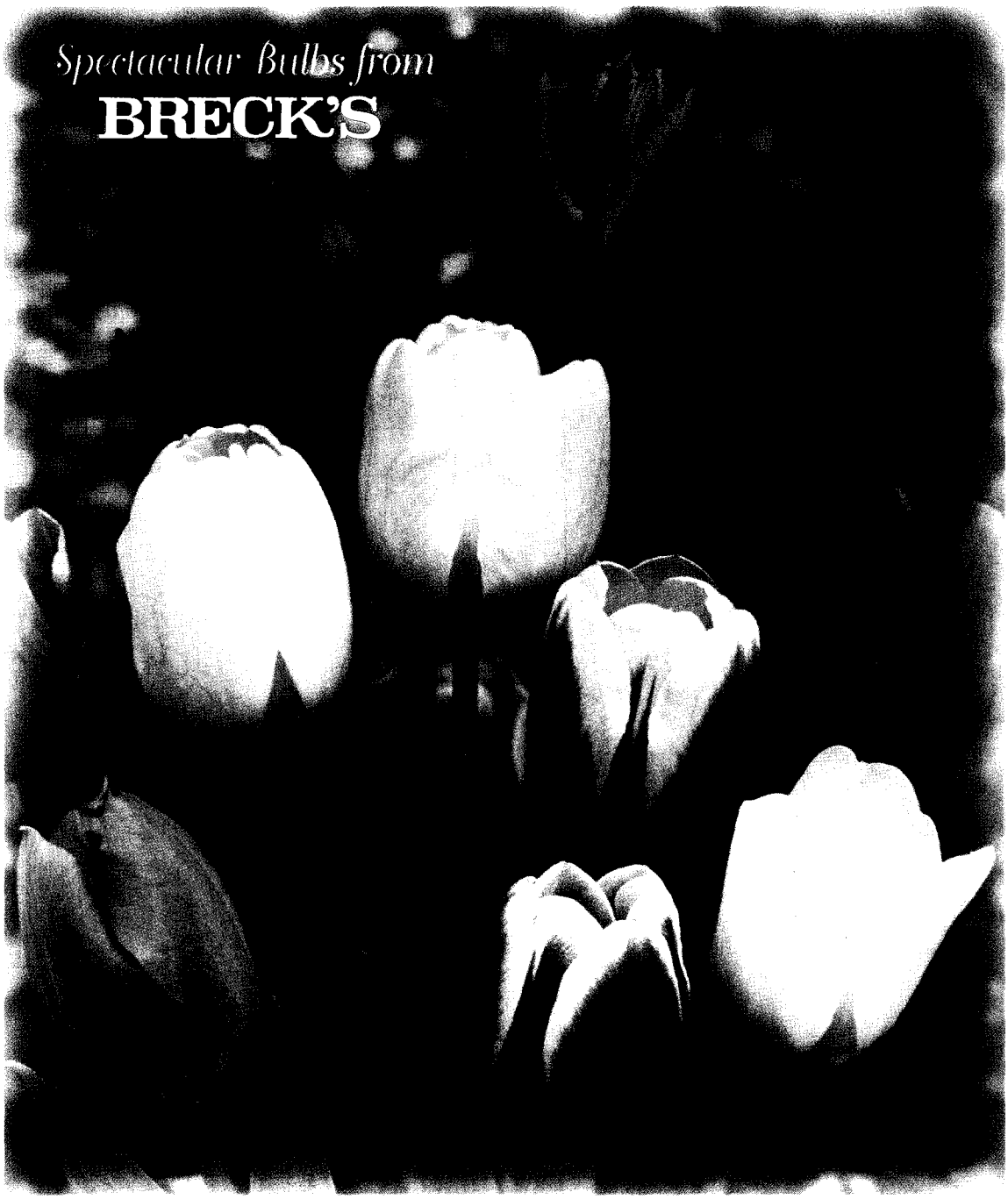

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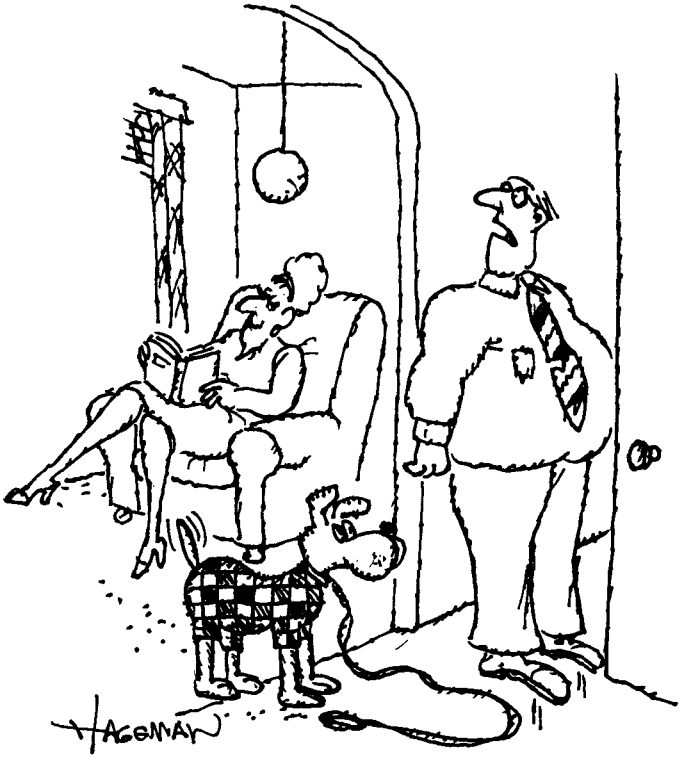
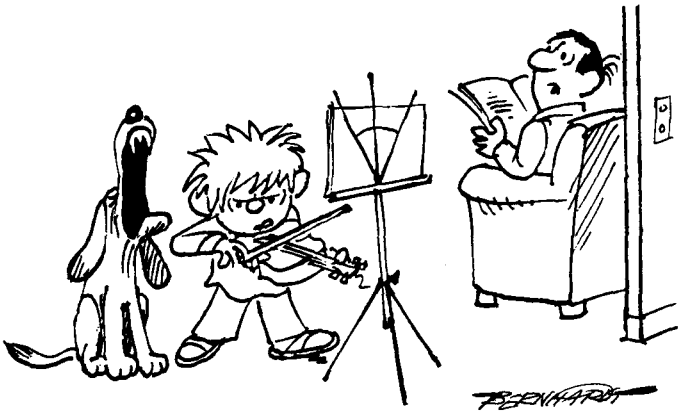
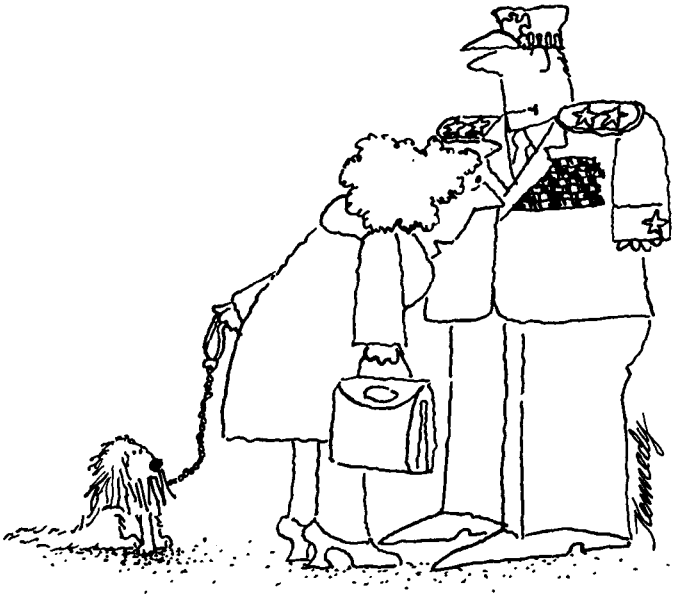
DARN THOSE DOGS



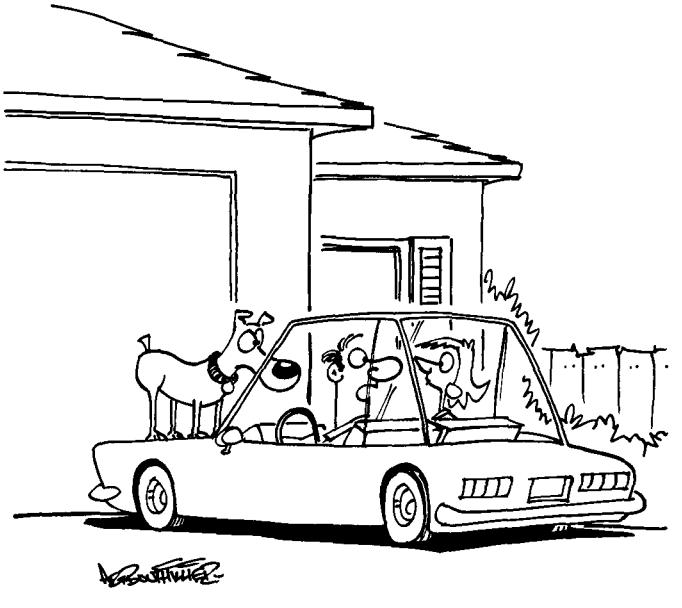
"Martha, have you seen that plaid sports jacket I've always been so fond of?"



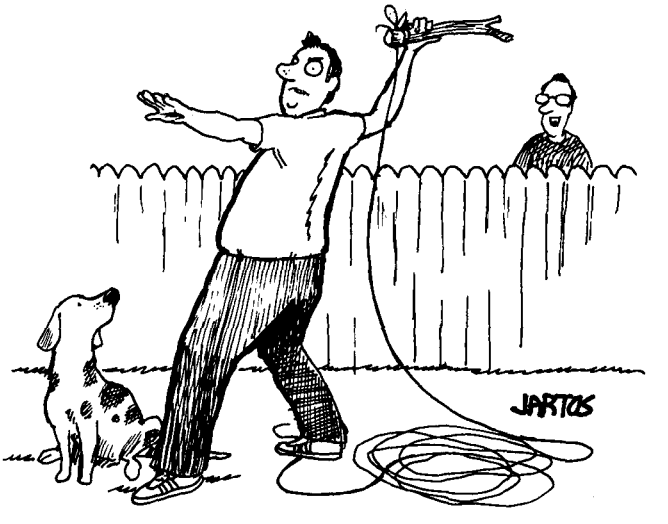
"Can't you play something the dog doesn't know?"



"You two have a lot in common—Fluffy has already won eight ribbons."



"Do you think he wants to go along?"



"Has he learned to fetch yet?"

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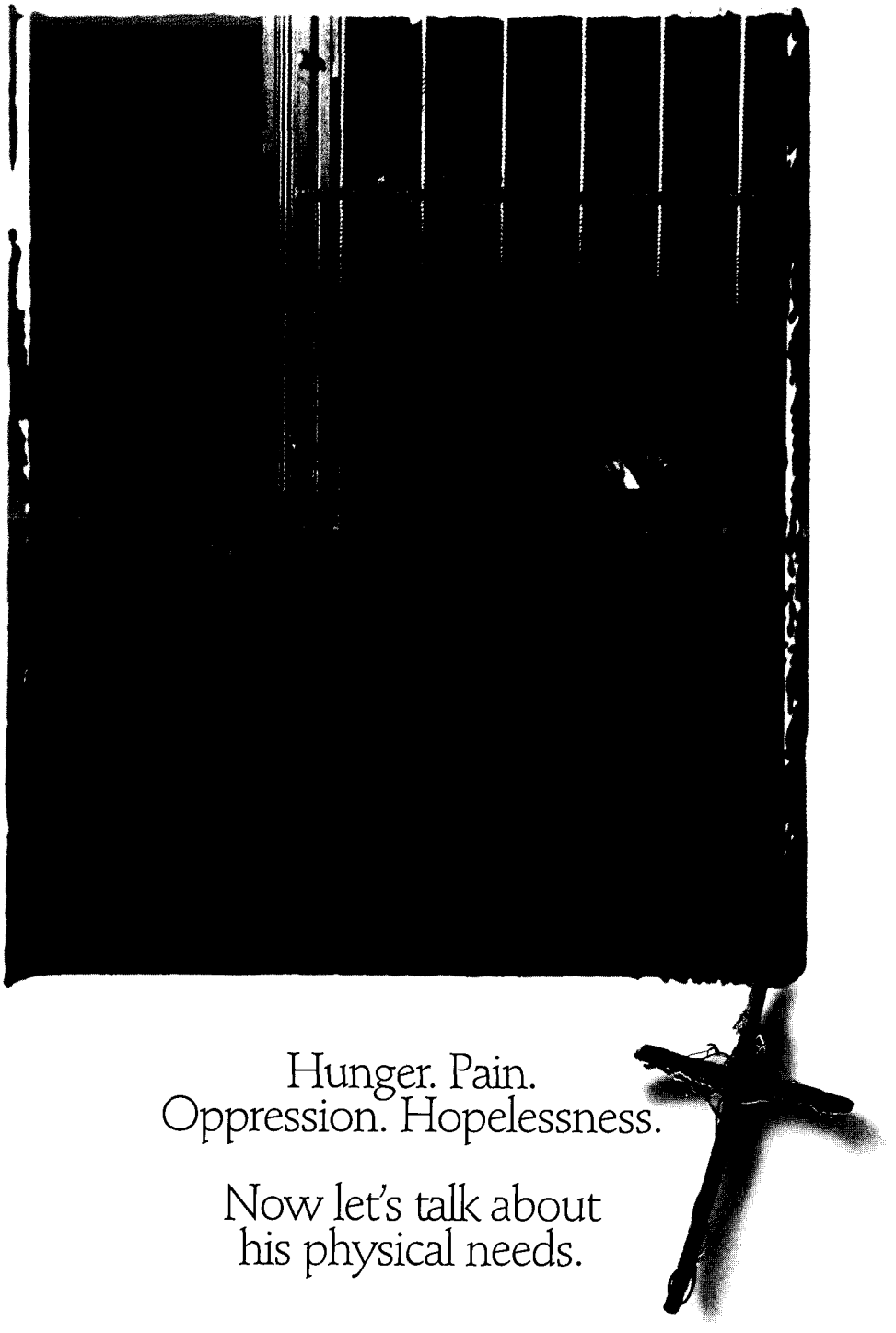

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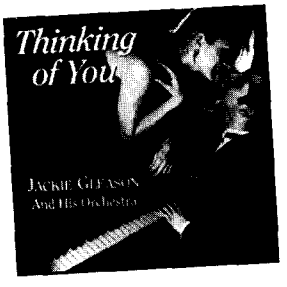

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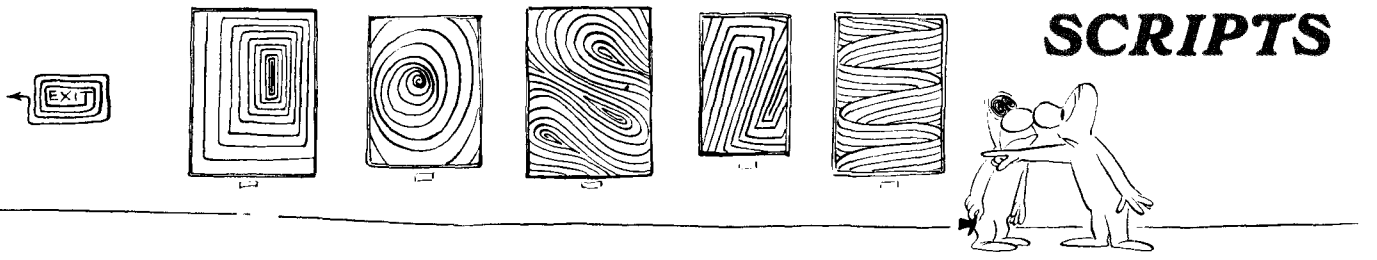

The First Shall Be Last

"First things first" they tell us.
Good advice, it's true.
But if I do the first things first,
That's all I ever do.

—Ann M. Schultz

Chewing the Scenery

Let us speak of that box called TV,
To be sure no attraction for me.
I can't stomach those insipid spiels
On sore throats and bad breath
with my meals.

—Kay Daut Alvarez

On the 'Net!

I woo the fair ladies
And fight the fair fight,
And slay the fierce dragon in a rage.
I defend the king's castle
And do what is right,
And then I go home to my page.

—Cleatus James Hodges

Off the Hook

The culture of the '60s
Included burning of the bra.
When history's reviewed we'll learn
'Twas that foundation's last hurrah!

—John J. Daly

Broadening Horizons

Travel broadens the mind
And, unless biking or hiking
As one goes turnpiking,
It can also broaden one's behind.

—Pat Myren

"Oh, the usual . . . just sitting around with my better half and his best friend."

Copping a Plea

Speck of white in rear view mirror
Coming ever closer, nearer,
Sirens screaming, blue lights flashing,
Down the highway you come dashing.
Just this once do me a favor:
Pass me up and stop my neighbor.

—Robert E. Thomson

It's in the Bag

A traveling phenomenon which always
gets me thinking:
Why is it all the things we pack
Increase in size when coming back
Or do the bags keep shrinking?

—Dorothy B. Griswold

All Worn Out

What to wear is a mystery to me;
My house dress left home for a
shirt called tee.
Jeans in blue, one size fits all;
A little too big, or a little too small.

What I called trousers are now
called slacks.
Shorts and long hair are mutual facts.
We all wear sneakers or a sleeveless
vest.
Jewelry no longer causes gender
stress.

Men's colognes smell fresh and neat,
And girls have smaller hands and feet.
The clothes of today make it hard
to see
If I am you or you are me.

—Alice Lehner

Through a Glass, Spottily

Streaks and spots are funny things.
They don't even try to hide.
No matter how I clean the glass,
They're on the other side.

—Pat Stringer

Sitting Pretty

My friends forgive me for mistakes
When I am prompt admitting.
I simply say, "I stand corrected,"
Even if I'm sitting.

—Jack K. Ayre

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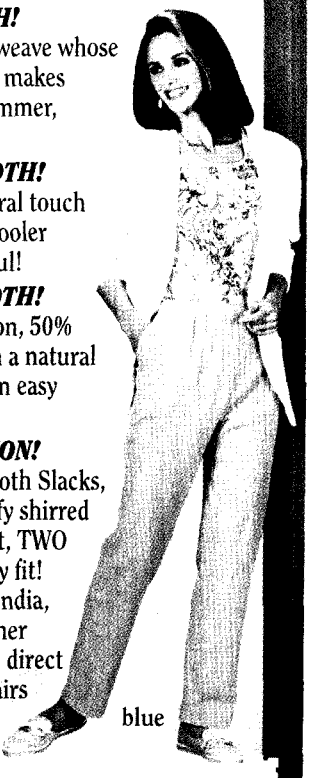

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TV'S GUARDIAN ANGELS

The public's "amen" to its wholesome theme has made this TV drama an unexpected miracle in Nielsen ratings.

by Glenn Esterly

When it debuted in 1994, "Touched by an Angel" was written off by reviewers as a hokey, mawkish fantasy capitalizing on the public's fascination with heavenly messengers. But the CBS show has gradually built its audience until it sometimes cracks the Top 10 in the Nielsen ratings. (Tell Superman about it—he got his cape clipped when "Angel" moved to Sunday nights this season, knocking down "Lois & Clark" to its lowest ratings ever.)

"We've gone from being 'the nearly canceled fantasy' to 'the hit drama series,' " says executive producer Martha Williamson, 41, who seems to be on the way to filling a gap left by the late Michael Landon ("Highway to Heaven," "Little House on the Prairie") in judging what the public will accept and admire in wholesome, old-fashioned television.

The premise sounds simple: Della Reese is supervising angel Tess and Roma Downey is junior angel Monica. Together, they show up in people's muddled lives, nudge them in the right direction, and everything turns out for the best as viewers keep a box of tissues handy.

Williamson says it's a lot more complex than that. "People don't remember what a bold assumption it was for a series to declare that God just simply *exists*," she says. "Although you never see Him, God is a character. The second thing we take as a given is that God loves you, and the third is that He wants to be a part of your life.

"Our angels are in the midst of mortals not to perform miracles but to get them going in a direction that says, 'This is up to you; you have the choice; you have the free will God gave you. Now, what are you going to do with those great gifts?' "

Reese, an ordained minister, agrees: "The humans we touch have to churn their own butter. Our characters provide assistance for people at a crossroads. If people see the hope, see that life is not all about oppression, depression, and suppression—and have their eyes opened—they can become their own miracle."

"If people see the hope, see that life is not all about oppression, depression, and suppression . . . they can become their own miracle."—Della Reese

In one episode this season, for instance, Downey's Monica gives a former prostitute who sold her child for drugs something to think about: "God is faithful. . . . He'll forgive you even if you can't. His mercies are brand new every morning. And this morning, He wants to forgive you. . . . All you have to do is say yes."

As the less experienced emissary, however, Monica sometimes forgets her angel guidelines. In another episode, Monica's sympathy got the best of her as she helped a refugee from the law (played by Robert Hays) escape, overstepping her authority and then fibbing about it to the point that even the acerbic Tess felt compelled to call in the even sterner Internal Affairs chief angel (occasional guest star Paul Winfield). In a scene that played slightly comedic while laying out a lesson, Winfield's supervisory angel laid down the law: "Every time we ignore truth, we ignore God."

Chastened, Monica delivered the same message to the wayward fugitive, who decided to surrender on his own to face the music and jump-start his life.

It's no accident that "Touched by an Angel" first gained a foothold in the ratings by following the feel-good exploits of Jane Seymour on "Dr. Quinn, Medicine Woman." In the wake of the increasing popularity of "Angel," other shows with uplifting themes followed, such as "7th Heaven" (Warner Bros. network) and the now-canceled "Second Noah" (ABC). CBS's "Early Edition" stars Kyle Chandler as a guy who gets his daily paper 24 hours in advance, but instead of exploiting the advance knowledge to get rich, the character nobly uses it to save people from personal tragedies.

More promising is Williamson's latest effort on CBS, "Promised Land," which was spun off from an "Angel" episode. It introduced Gerald McRaney ("Major Dad") as a newly laid-off factory worker who gets a "chin up" lesson from Tess and Monica, then sets out across America in a trailer with his family. Along the way, McRaney's character picks up jobs, doing good deeds wherever he goes while emphasizing family values.

"Promised Land," says Williamson, is a show about "how do people who have nothing still have everything? How can we encourage people spiritually in practical, day-to-day life? In this case, it starts with a spiritual reawakening, which becomes contagious in the family."

Williamson's chance to put her own faith into practice with "Touched by an Angel" started with the basic idea by a CBS programmer in 1994, but the pilot—in which the actresses actually sported wings and robes—didn't exactly soar. Williamson was then brought in to fix it, changing almost

continued on page 65

Despite their differences in age and background, "Angel" costars Della Reese and Roma Downey became instant friends when the series began shooting in 1994. Reese, an ordained minister, even performed Downey's wedding ceremony when the younger actress married a film director.

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A literary field day for crime.

THE HOT BOOKMOBILE

by Jacob Hay

Illustrated by Erik Blegvad

It is entirely possible that if Miss Elizabeth Sue Cullow, aged eleven years and two months, had not been moved to write a thank-you note to the Washington, D.C., Public Library, the mystery of what the capital's press called "The Vanishing Bookmobile" might be going on to this very day. Miss Cullow wrote:

Dear Library: Thank you very much for letting me and all the other children here in Yancey County read your books and for sending Mr. Venables along to tell us all about them. He is a very nice man and kind too. I like Black Beauty best so far with much love and kisses yours very truly

Elizabeth Sue Cullow
I am 11 years old

The letter was postmarked Yanceytown, West Virginia.

You may not remember the case, although it received a good deal of amused attention in the newspapers at the time. It is not, after all, every day that a twelve-ton bookmobile disappears into thin air. Of course, ever since those Portuguese chaps made off with an ocean liner, everything else in the larceny line has seemed slightly anticlimactic, and perhaps the news stories simply failed to make much of an impression on your theft-sated brain. But the disappearance of Bookmobile No. 4 of the Community Services Branch (Traveling Library Division) of the Washington Public Library System rocked that organization to its normally unrockable depths. Which was as nothing in comparison to its effect upon the morale of Detective Lt. Connery McIver of the Metropolitan Police (Thefts & Armed Robbery Squad), who got into the act only after Miss Frances Higgenbotham swallowed her pride.

Miss Higgenbotham, to get *that* cleared up right off the bat, was the chief of the Traveling Library Division, and nothing in her quarter century of devoted service to the reading public had prepared her for the ordeal which began at precisely six p.m. on a Friday afternoon she will never forget. Miss Gormsby, commanding Bookmobile No. 1, brought her lumbering charge safely back to base at 5:55 p.m.; Mr. Nugent, in the cab of No. 2, followed only moments later, having made the long haul in from the District Line in near-record time, and was in turn followed by No. 3, Miss Hoffacker's self-propelled cradle of culture. Librarians and drivers gathered in the tiny canteen tucked away in one corner of the municipal garage which sheltered their behemoths and, having reported by telephone to Miss Higgenbotham, refreshed themselves with coffee and buns preparatory to going home for the day. No one felt especially concerned that Bookmobile No. 4 hadn't turned up from its scheduled assignment in the Mt. Rainier area, and the conversation concerned itself, in the main, with plans for the weekend ahead.

At 6:20 p.m., Miss Higgenbotham felt a trace of irritation that Mr. Bentley,

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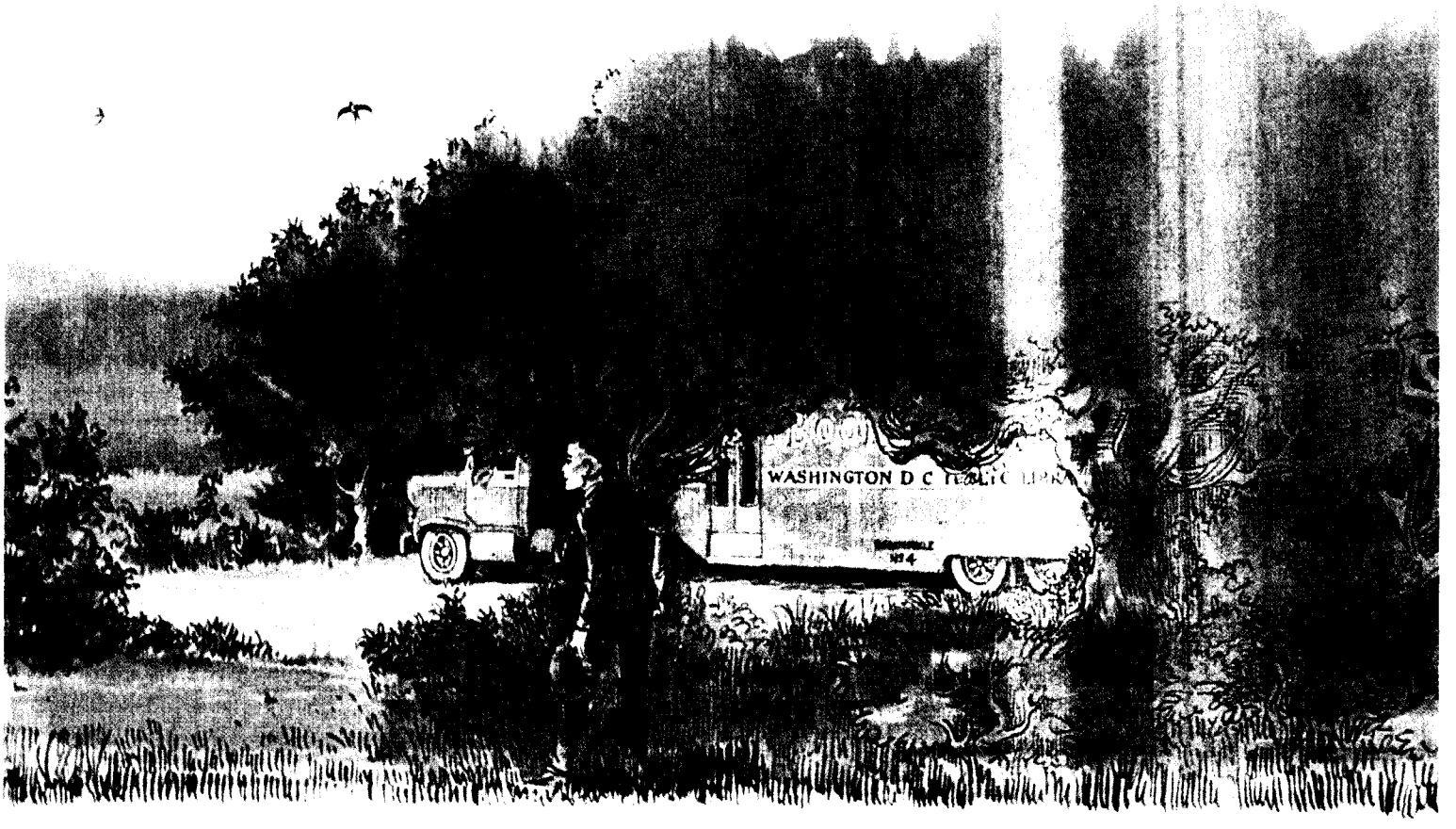

Senior Librarian Present aboard No. 4, had failed to discontinue operations in time to permit his unit's return to the garage at the hour specified in Standing Instructions, Paragraph 16. It was, she felt, most inconsiderate of him to delay the two young junior staff assistants who composed his crew, the Misses Greely and Nelson. Mr. Bentley, she decided, seemed to lack that sense of group responsibility so vital to the successful library operation.

By 6:30 p.m., Miss Higgenbotham was definitely angry, for she had hoped to get away from her office in plenty of time to change for a concert of chamber music to be played by the Department of Agriculture Amateur Symphonic Society that evening in the National Gallery. She had already composed a stiff Verbal Reprimand, and was following it up with the mental outlines of an Interdepartmental Disciplinary Letter which, if she chose to put it into channels, could have a marked effect on Mr. Bentley's career. And at 6:45 p.m. Miss Higgenbotham began to worry.

It was, she told herself firmly, impossible that Bookmobile No. 4 had come to any grief, or surely she would have heard of it from the police. It was equally unlikely that all three of the librarians aboard had thrown sanity to the winds, parked their juggernaut on a side street, and were now living it up in some neighborhood saloon. Mr. Bentley might, to be sure, but the Misses Greely and Nelson, dedicated to the ideal of service, would never so far forget their duty. Then, too, Miss Higgenbotham reminded herself, it would sound so ridiculous to call the police; they would doubtless think their caller was some mischievous prankster and be rude.

It was all most distressing.

Ever since its establishment under her directorship, the Traveling Library Division had enjoyed an unblemished record. Never so much as a scratched fender; average monthly book-loss-and-damage level well below the norm; morale high, with a waiting list of applicants for bookmobile duty. What would B. Jason Millerton, the executive director of the Washington Public Library System, think? And worse, do?

By seven o'clock that Friday evening, Frances Higgenbotham saw her duty whole and saw it plain. "I want," she told the desk sergeant who answered her call, her voice steady, "to report a missing bookmobile."

"Sure you do," replied the desk sergeant wearily, and then sat to attention as Frances Higgenbotham employed a tone she had not had occasion to use since her tour of duty with the Red Cross in France, when that general with the pearl-handled pistols—she could [illegible] remen[illegible] tempt[illegible] keep h[illegible] strict[illegible] base[illegible] *ma'am.*" The desk [illegible] spectfully when [illegible] ished, "We'll put out an [illegible] bulletin right away."

"Ten-five," responded Miss Higgenbotham crisply and as became a regular viewer of the popular *Guardian of the Law* series.

But the all-points bulletin, received in scores of police cars at first with laughter, then with incredulity and finally with just plain bewilderment, produced nothing. Absolutely nothing. Bookmobile No. 4, its staff of three and its driver, a Mr. Jim Wilkens, the father of four and utterly reliable, had vanished. Gone. Phhttt!

It was not until shortly after midnight that Maryland State Trooper Harold L. Corning, checking a suspiciously parked automobile in the vicinity of Point of Rocks, on the Potomac River far to the north and west of Washington, discovered the peacefully sleeping forms of the Misses Greely and Nelson and Messrs. Wilkens and Bentley neatly disposed on the front and rear seats. They had, all four, been expertly chloroformed.

Their stories, when they had been brought around, were, in the considered judgment of Detective Lt. Connery McIver, incoherent and well-nigh use-

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less as the basis of any sort of properly scientific investigation. In general, it was agreed that at least three criminals had been involved; two men and a red-haired young woman, described by Mr. Bentley as a knockout. One of the men was very tall, very lean, with a prominent Adam's apple and a notable resemblance to the young Abraham Lincoln. The other man, according to the witnesses' best recollection, had been very short, very fat, with a white spade beard and wearing a pair of golden pince-nez. There had been no masks, nor any attempt at disguise. The trio had entered the bookmobile just before the lunch hour, waited until the other patrons had left for their midday repasts, and then managed to separate the three staff members by the expedient of asking to be shown to different sections. After which, nothing was very clear, Mr. Bentley declared morosely. Mr. Wilkens, who had been dozing in the cab, was even less help.

"So what it boils down to," Connery told his superior, Capt. Michael Siegelman, "is that they had nearly eight hours to get wherever they were going, and even with a big tractor-trailer rig like that bookmobile you can cover an awful lot of ground in eight hours." His square-cut, ruddy Irish face wore an expression of gloom, and he ran a hand impatiently through his close-cropped black hair. "What beats me is, why a bookmobile? What's the point? They may be able to sell the tractor, sure, but the trailer? You know how these library trailers are built, Mike; you'd have a rough time trying to convert them to cargo carriers. Why not simply steal a regular tractor-trailer rig and save yourself the trouble?"

"Could be they *wanted* a bookmobile," the captain suggested reasonably. "You know—book-lovers, maybe."

"We know they bought the car in Hagerstown." Connery went over the details again, concealing his impatience. "For cash. So the whole thing was planned in advance."

"Slick operation, and yet, well, you would have thought somebody was bound to see it, wouldn't you?"

"Lunch hour, remember? And the bookmobile was parked by this big school playground. Not a witness."

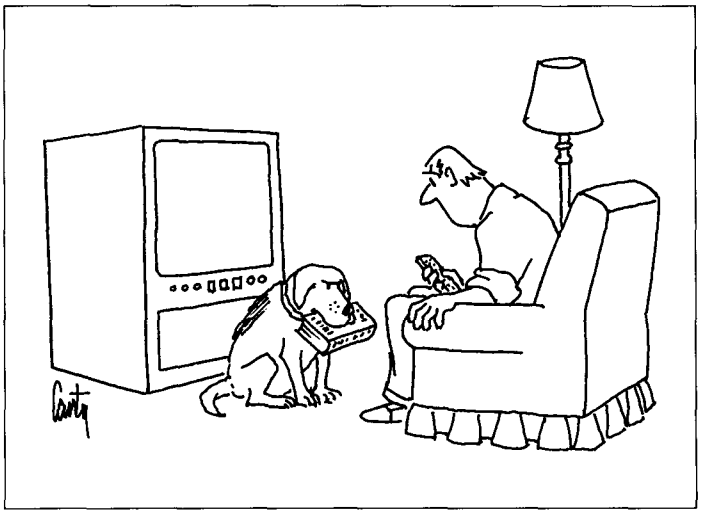
"Well, anyhow, lots of luck, Conn," Mike Siegelman said cheerfully. "All you have to do is find a bunch of kleptomaniacal bibliophiles, as I see it."

"Thanks a whole lot, Mike," Connery McIver replied.

At dinner in the McIver home that evening, Inspector (Retired) Seamus McIver reproved his bachelor son over a fragrant platter of Mother McIver's justly famed pot roast. "Now don't be running down Mike Siegelman, Conn," he advised sternly. "He's a sound man, and he's right lots more than he's wrong. I wouldn't be at all surprised if Mike hasn't given you your answer."

"For Pete's sake, pop!"

"Connery!" said Mrs. McIver firmly. "Eat your dinner."



After a week the newspapers seemed to grow bored with the unsuccessful efforts of the Metropolitan Police to recover the missing bookmobile, and mention of the mystery gradually disappeared. The Traveling Library Division, still badly shaken, rearranged its schedules to make up for the absence of its vanished unit, and B. Jason Millerton prepared a request for a replacement for the consideration of the District of Columbia Commissioners.

Thus the case passed from the public notice, but not from the attention of Connery McIver, whose every line of questioning led, one after the other with grim monotony, into a dead end. For who, when you stop to consider it, pays much heed to a bookmobile apparently bound upon its legitimate mission of bringing culture to the outlying masses? In any event, this highly unsatisfactory state of affairs continued for a full three months, and Connery was prepared to transfer the case file from the cabinet marked Active to the one designated for crimes Unsolved, Pending. And then Elizabeth Sue Cullow's letter arrived.

What Lieutenant McIver was not prepared to comprehend was the attitude of Mr. Rafael Tuckamore, the sheriff of Yancey County, West Virginia, whom Connery found slouched in his seedy office in the even shabbier wooden structure which was the county courthouse in Yanceytown. In Sheriff Tuckamore he found a monolith of lantern-jawed non-cooperation. Bookmobile? Couldn't rightly say he'd ever heard tell of one, the sheriff declared. "But y'welcome to have a look around," he added unenthusiastically, peering up at Connery from beneath the brim of his hat. "Happens I ain't got a deputy I can spare at the moment, so I'd be just a mite careful about askin' too many questions. Folks back in the coves are mighty fond of their privacy, 'fyou know what I mean."

Connery found the Cullow farm, what there was of it, tucked away under the loom of a battered-looking mountain. He had come, he told the work-worn woman who was Elizabeth Sue's mother, to thank her daughter personally on behalf of the Washington Public Library System for her courteous letter. Mrs. Cullow's faded blue eyes lighted like stars.

"You people are doin' a wonderful thing here in these hills, mister," she said. "Hadn't been for your Mister Venables, our kids wouldn't see a book from one school term to another. And would you believe it, mister, my man has taken to reading up on history?"

Conn McIver took a deep breath. He wasn't understanding any of this, but at least he had located the general whereabouts of Bookmobile No. 4, which apparently was still doing business as usual, and without the slightest effort at concealment, under the direction of the mysterious Venables. What was going on in these god-forsaken mountain valleys?

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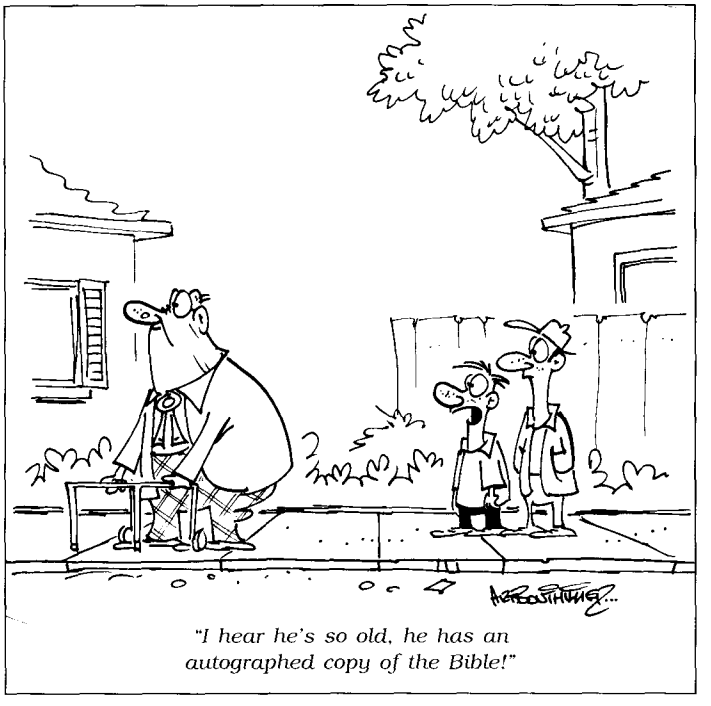
"I reckon," Elizabeth Sue Cullow told him, after she had put on her very best Sunday frock for the occasion, "you'll find Mister Venables somewhere over by Hardesty's Store this time of the week. Mostly he's in our valley on Mondays. He's promised to try and get me a book called *Heidi* next time he calls around."

Whereupon Connery McIver presented her with the invented-on-the-spot Junior Reader's Award of the Washington Public Library System, a five-dollar bill he had previously earmarked for an especially dashing gent's cravat he had spotted in a haberdashery earlier that week. Then he swung himself aboard his unmarked black sedan and headed in the direction of Hardesty's Store, a settlement some ten miles distant, beyond Black Oak Mountain. He felt oddly choked up. Imagine a kid who hadn't read *Heidi* by the time she was eleven.

He came upon Bookmobile No. 4 at dusk that evening, its imposing bulk dwarfed by the grove of trees beneath which it was parked, several hundred yards from the tiny crossroads village, by the banks of a swift-flowing, crystal-clear mountain stream. No. 4's tall sides, spotlessly clean, gleamed in the light of a cheerful campfire, before which were arrayed several camp chairs. In one sat a very short, very fat man with a white spade beard and wearing golden pince-nez. He was deep in a book. In another was a red-haired young woman of rather more than passing fairness, who appeared to be making entries in a large ledger which lay open across her slacks-clad legs. Connery parked his sedan some distance away, took a deep breath and strode manfully toward the campfire, prepared to do his duty. As he did, a third person appeared; a tall, elderly man bearing a large black iron skillet. Not, Conn thought, young Abe Lincoln. Then he advanced into the halo of light cast by the fire and advised all present that the majesty of the law was in their midst.

"Ah, yes," said the spade-bearded man who, Connery assumed, must be the mysterious Mr. Venables. "To be quite honest, lieutenant, I've been expecting you for some time. Permit me to introduce myself: I am Horatio Venables, Ph.D." His manner was calm and affable and hardly that of a man with a purloined bookmobile on his conscience. "May I now present my niece, Miss Jean Venables, and my old and very dear friend, Sam Stevens, editor of the Yancey *True Democrat*. We were just preparing to enjoy an alfresco dinner, lieutenant, and I trust you will find it convenient to give us the pleasure of your company, if your duty will permit. Sam, here, is an expert angler, and our stream has been most generous



"I hear he's so old, he has an autographed copy of the Bible!"

of its denizens." Connery gaped and finally found his voice.

"Look," he said patiently, "I'm here to arrest you, Venables, not to have a picnic." He swung around to face the newspaper editor. "And you, friend, where do you fit in? And don't tell me you didn't know this bookmobile was hot."

"Why don't you simmer down, lieutenant?" suggested the red-haired girl equably, laying aside her ledger. "It would be a shame to haul us off to the hoosegow and waste all Mister Stevens' lovely fresh trout, now wouldn't it?"

"A very sound thought, Miss Jean," Mr. Stevens agreed, placing his skillet on a small grate over the fire and listening with approval at the consequent sizzle.

"I have long felt that intelligent discussion should follow a decent dinner," Horatio Venables added. "You will find our fare simple, Lieutenant McIver, but nourishing. I was contemplating a dish of wild dandelion with a sour-cream dressing as a suitable accompaniment, and Sam has fetched along a bottle of his really delightful homemade rhubarb wine."

This was ridiculous, Connery decided firmly. On the other hand, there was nothing in the books that flatly prohibited it, and the aromas now wafting from the large black skillet were, he was obliged to concede, elegant. He observed Miss Jean Venables—her eyes were a superb shade of green. "Well . . ." he said hesitantly.

"Excellent, lieutenant, excellent," Horatio Venables declared.

"Hoy!" barked a voice from the shadows. Its owner moved into the flickering firelight to reveal himself as a lank, unshaven man carrying in one hand a worn volume, in the other an ancient but beautifully polished shotgun. "You need any help, professor? Jim Hardesty, over to the store, said there was some stranger snoopin' around. This must be him. You want I should run him off a ways?"

"Thank you, Ben, but we're quite all right. This is Lieutenant McIver, of Washington, who is paying us a visit. . . . Lieutenant, this is Ben Manchester, one of our leading small farmers. . . . How'd you enjoy the book, Ben?"

"That fella Churchill sure can write up a storm, can't he, professor?"

"In that case, you'll probably want to read more of his work. Unfortunately, Ben, I'm afraid we'll be giving up our operations very shortly, so I won't be able to help you. I'd suggest you try the university library at Morgantown."

"Oh?" Mr. Manchester looked crestfallen. "That's too bad, professor. Now you wait right here for a minute." He vanished into the darkness, to reappear seconds later bearing a glass gallon jug. "Brought this along to make up for the payments I've missed. Pretty good batch this time. Take a little cider in it, and it don't taste half bad." He shot a

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70 Years Ago in the Post

PLEASE PASS THE IODINE!

How a brilliant biologist, a group of schoolchildren, and a school of baby trout shrank America's goiter problem down to size.

by Woods Hutchinson, M.D.

Synopsis: ***In the first installment of his 1925* Post *article (March/April '97 issue), Dr. Woods Hutchinson explained how scientists in the early part of this century discovered iodine's crucial role in human health. Minuscule amounts of iodine in the diet could prevent goiter, cretinism, and hypothyroidism, which were endemic in areas where soil and water were deficient in this vital element. But how can you get iodine to the millions of people who don't even know they need it? Dr. Hutchinson takes up that question in the second part of his classic iodine article.***

Part II of III

Three Ways of Eating Iodine

But of course all this, fascinating as it is to the goiter enthusiast, would have been merely a rather melancholy triumph over a puzzling problem if we had not at the same time been able to give it a practical turn, and "with the bane provide the antidote." But this, thank heaven, we can now do, and the hair of the dog that didn't bite you will cure 90 per cent of all cases of simple goiter and greatly improve even the severest exophthalmic forms.

But perhaps someone will ask in the language of the day, How come does iodine get into the human system of dwellers along the coasts from sea water? They certainly don't swallow enough of that when they are in swimming, although some of us have felt that we had swallowed half the Atlantic Ocean at times; nor do they or any of their domestic animals habitually drink sea water.

There are three ways of eating iodine along the beaches. First and most obvious, by the free consumption of fish, clams, lobsters, and all other forms of sea food, which are not merely dripping with but soaked in sea water and its contained iodine. Second and more important, by the fact of the tide rising over the extensive salt marshes all along our coasts, whose iodine-soaked grass is either pastured directly by cattle or consumed later in the winter in the form of salt hay. A curious illustration of the inborn craving for iodine is that the earlier settlers along the New England coast just north and east of Boston, where the great salt meadows come down to the shore, insisted upon having for every forty acres which they took and cleared up in the hills, ten acres of salt meadow; and these holdings are still attached to the hill farms in many parts of Massachusetts and New Hampshire today. Coming down to the coast to cut the salt hay was one of the great outings and picnics of the year, during which they also got a good taste of iodine in various ways.

Tincture of iodine was once a staple in every household's medicine chest: the reddish solution was used as an antiseptic for scrapes and cuts.

Last and probably the most important of all forms of iodine distribution is by sea spray. Everyone who has enjoyed the exhilaration of fighting his way along the sea sands or over the dunes in the teeth of an autumn gale will well remember the prickling of his cheeks and the distinctly salty taste on his lips brought by his battle with the storm wind.

Health in the Sea Breezes

But we have little idea how far inland this spray treatment of the country and its inhabitants with iodine extends. In the great Quaker school where I was a boarder in my schoolboy days, in the North of England, it was no uncommon thing to find the windows of our dormitory on the seaward side after a great storm so thickly encrusted and caked with sea salt that we could write our names on them with a slate pencil or the end of a finger; and yet those windows were forty miles inland on one side and sixty on the other. This is a fair illustration of the distance inland to which sea salt can be driven on the howling blasts of the fall and winter storms. And appreciable salty deposits have actually been recorded two hundred miles from the surf.

Very little, of course, of this salt or iodine is inhaled into the nostrils or even sprayed on the faces of human beings; but every bit of it falls sooner or later upon the leaves and the grass and the soil, sinks down into the drinking water, or is eaten by cattle or sheep and so finally finds its mark in the human thyroid.

No wonder we have such an absolutely unconquerable and irresistible craving for a visit back to the beaches every summer. In the words of the poet——

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Clambake campfires and beachcombers dotted sandy beaches back when iodine wasn't added to our table salt. Could the irresistible craving for a visit to the beaches every summer have been the instinctual need for a bit of iodine from the sea breeze? Researchers weren't surprised by the annual migration of Midwesterners to the shore, remarking, "A pinch of iodine is as important and vital in human life as the proverbial grain of salt. . . ."

"Hence in a season of calm weather,
Though inland far we be,
Our souls have sight of that great sea
Which brought us hither."

The habit of going down to the coast in summer, which now extends clear across the country both ways to the Rocky Mountains, and to the California and Florida beaches in winter, is based upon a sentiment nearly as old as the world itself. How powerful and practically effective this impulse is may be glimpsed by the statement of one of our leading real-estaters, that the extraordinary and phenomenal rise in the value of beach properties and shore real estate has been one of the most striking and surprising happenings in the history of real estate. In the past twenty-five years it has exceeded in percentage of rise even that of downtown city real estate and almost equaled it in total volume of sales, and is far more uniform and reliable. As he pithily puts it: "Beach property chosen with any reasonable judgment is the only property which is always a good buy."

Here then was pretty convincing proof, not only from all over the United States but from almost all over the world, that goiter is most intimately associated, in the language of the day, both ways from the ace, with shortage of iodine in our food and drinking water, if not actually caused by it. And the question arose, if the disease goiter is caused by deficiency of iodine, why not cure it by giving iodine to make good this deficiency? But with true scientific and humanitarian caution, before recommending the use of iodine on a nation-wide scale for the cure of goiter, we wanted a further test upon some form of animal life in the state of nature. We had, of course, proved by experiments that goiter could be produced in dogs and then cured by the administration of iodine; also, that by putting a dog under the conditions which would almost invariably induce goiter, and then giving him plenty of iodine in his food, goiter would be prevented from developing.

While we were anxiously sweeping the horizon for the opportunity of such a test, Nature and the United States Government played directly into our hands; the first, by producing a rapidly fatal form of enlargement of the thyroid in fresh-water fishes in the government hatcheries; the second, by its Bureau of Fisheries calling in consultation one of our leading students of the goiter-iodine complex, Dr. David Marine, to see if anything could be done to relieve the condition. After looking the situation over and identifying the disease as a fish goiter, Doctor Marine suggested putting so much iodine salt per day into the stream supplying the hatchery pools. The results were simply miraculous. Within a week or ten days the little troutlets were sitting up and taking notice of flies and worms and things, and within a short time the goiter shrank down and the fish became literally as sound as a trout.

This was a result of great practical importance to the Bureau of Fisheries, because this form of disease of the throat and gills had been a pest of trout hatcheries for years and was so fatal that it was known as trout cancer and had broken up many attempts to hatch and breed trout.

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THE BATTLE TO END IODINE DEFICIENCY DISORDERS

Although the cure is known, iodine deficiency disorders continue to threaten people around the globe, many of them children.

by Patrick Perry

Present generations of Americans have been spared the misery of the affliction, but 70 years ago, swellings on the throat, or goiters, were a common sight across the United States in thousands of people—as well as in pets and livestock. In some areas, 75 percent of teenage girls had goiters, and records from World War I reveal that goiter was the single most common reason for disqualification of young men from the Army. But the diligent efforts of medical researchers and the addition of iodine to the nation's table salt at no extra cost by the Morton Salt Company helped make iodine deficiency disorders (IDD) virtually disappear from the United States by 1951.

In the rest of the world, however, IDD continues.

"Newborns, who should enter life with the potential of achievement and fulfillment, arrive instead with physical and mental disabilities and deficiencies that crush all hope."

—GERALD P. CHRISTIANO, PRESIDENT KIWANIS INTERNATIONAL.

And the numbers are alarming. Over 1.6 billion people in 118 countries around the globe are at risk of iodine deficiency, according to the latest statistics from the World Health Organization (WHO). In Africa and India, entire populations are at risk. In China alone, 500 million people suffer from iodine deficiency. China's Public Health Ministry estimates that more than 10 million cases of mental retardation in inland villages and cities across the nation are related to iodine deficiencies, including hundreds of thousands of cretins who suffer the worst physical and mental handicaps.

Iodine is a micronutrient, necessary for the production of thyroid hormones that are essential for normal growth and development, especially of the brain and nervous system. When iodine is missing from the diet, the body's thyroid gland enlarges in an attempt to step up production of the hormones, resulting in an unsightly goiter. While mild deficiency of iodine may make one sluggish, with reduced mental capacity, severe deficiency can result in mental retardation, stunted physical growth and development, deafness, paralysis, congenital anomalies, and possibly death. It is estimated that each year, IDD in pregnant women from Albania to Zaire is responsible for at least 60,000 miscarriages or stillbirths, and over 120,000 cases of cretinism.

The solution? For just five cents per person per year, we

Going Dutch: In the Netherlands, guilders are contributed to Kiwanis for distributing iodized salt to underdeveloped countries. Posters explain the need and request contributions.

In the Phillipines, Kiwanis International has provided 24 salt-iodization machines with a combined capacity to meet 40 percent of the country's iodized salt requirement.

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In communities and schools around the country, Kiwanis clubs encourage children to help other children by raising funds to battle IDD. (Below) Spot-test kits are used to ensure that salt in remote areas contains the necessary amount of iodine—an integral step in monitoring the quality of iodized salt supplies.

Actor Roger Moore of James Bond fame travels throughout the world as special representative for UNICEF and as Kiwanis' honorary IDD chairman. "In a world where information travels at the speed of light, from one continent to the next," Moore says, "no child anywhere should want for something as basic as iodine."

In many inland areas of developing countries, goiter is still endemic. In some of these countries, the population of entire villages is retarded due to iodine deficiency.

In the 1920s, Morton Salt Company spearheaded the national effort to iodize America's table salt. While the familiar Morton Salt girl has evolved through the decades to reflect changing fashions (1921 label at left; 1956 canister at right), the familiar logo remains part of Americana.

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can achieve universal salt iodization and eliminate IDD from the globe.

"Simple goiter is the easiest of all known diseases to prevent," David Marine stated in 1923. "It may be excluded from the list of human diseases as soon as society determines to make the effort."

The effort is under way.

Through its worldwide network of more than 8,000 clubs, Kiwanis International has pledged to raise $75 million to help tackle the global problem in partnership with UNICEF. Kiwanis is being assisted by its sponsored youth groups—Builders Clubs in junior high and middle schools, Key Clubs in high schools, and Circle K clubs in colleges and universities.

The Children's Better Health Institute and The Saturday Evening Post Society are partnering with Kiwanis clubs to help expedite the effort.

Overcoming IDD by the year 2000 is a tremendous undertaking, requiring concerted efforts on medical, social, and political levels, as well as funding to implement the changes.

In a joint effort with Morton Salt Company, Kiwanis clubs throughout the country are distributing canisters to be placed at checkout counters everywhere. The canisters carry the familiar Morton Salt girl ("When It Rains It Pours") and Kiwanis logos. While the Morton Salt Company has donated $500,000 to this project, there are, of course, not enough canisters to reach every community that might want to help.

If your local Kiwanis club doesn't have a supply of canisters, call the club and tell them you'd like to volunteer by placing homemade collection canisters made from Morton Salt cans with slits in the top for coin collection. With the help of your local Kiwanis leaders, you can volunteer to distribute the boxes to your favorite grocery store, drugstore, church, restaurant, or laundromat. Ask merchants for permission to display the collection boxes at their checkout counters.

The Saturday Evening Post will supply extra copies of our articles on iodine deficiency, as well as canister bands (on page 47) should you need them for your local schools or civic meetings. Church missionary groups are well aware of the problems caused in underdeveloped countries by lack of iodine in the diet. ▲

If you would like more information about iodine deficiency disorders and how you can support the Kiwanis campaign, write to the Worldwide Service Project, Kiwanis International, 3636 Woodview Trace, Indianapolis, IN 46268.

In 1905, iodine researcher David Marine arrived in the Midwest and noticed something odd—dogs with swollen necks. By experimenting with varying levels of iodine in the animals' diets, he learned that a small amount of iodine could prevent goiters and eliminate existing ones—a discovery that eventually led to the prevention of iodine deficiency in humans as well.

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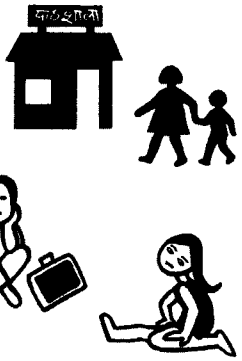
Effects of Iodine Deficiency

Children



- ❖ Lowered IQ
- ❖ Impaired learning and pre-school performance
- ❖ Mental retardation
- ❖ Delayed motor development
- ❖ Growth failure or stunting
- ❖ Lack of energy
- ❖ Muscular disorder
- ❖ Paralysis
- ❖ Speech defects
- ❖ Hearing defects

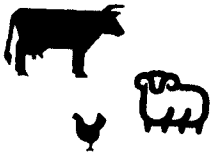
Adults

- ❖ Lack of energy
- ❖ Easily tired
- ❖ Reduced productivity

Pregnant Women

- ❖ Spontaneous abortions
- ❖ Stillbirths
- ❖ Infant deaths
- ❖ Interference with brain development of the fetus
- ❖ Birth of iodine-deficient babies—cretins

Animals



- ❖ Reduced yield of milk, eggs, meat and wool
- ❖ Reproductive failure

Cut slit on top of container.

Kiwanians hope to make iodized salt a regular part of every at-risk person's diet. The cost? Less than five cents per person per year.

HELP KIWANIS FIGHT MENTAL RETARDATION
Evening Post Magazine is assi
International and Morton Salt
in their efforts to bring iodized salt to
nations where mental retardation results
from lack of iodine.
the nearest Kiwanis club when your can is filled or

Tape label around container.

Cut label here.

The Saturday Evening Post Magazine is assisting Kiwanis International and Morton Salt in their efforts to bring iodized salt to nations where mental retardation results from lack of iodine.

Please call the nearest Kiwanis club when your can is filled, or call 1-800-KIWANIS.

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Leave it to Norman Rockwell to capture the old and the new in no more tremendous situation than applying for a marriage license. Old stuff for the town clerk, new for the bride- and groom-to-be, who couldn't wait for the June 11 *Post* to come off the press—their wedding invitations were dated May 21.

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The American Illustrators Hall of Fame

Wedding Belles and Beaus

June being the marrying month, Post *illustrators have celebrated by escorting readers on many a blissful trip to the altar... with a few detours.*

by Maynard Good Stoddard

With June again about to bust out all over, our Illustrators Hall of Fame series takes you back to the days when young couples took marriage seriously and not as a trial run until something more appealing came along.

If *Post* cover artists of that sublime era were applying brush to canvas today, can you imagine the situations currently available for their inspiration? We can.

We can see Norman Rockwell conscientiously painting an eager young couple bungee jumping off the Golden Gate Bridge, the minister administering the vows by cellular phone (press 1 for yes, press 2 for calling the whole thing off, and so on).

Artist Earl Mayan might be turning to an underwater ceremony; Constantin Alajalov going the skydiving route; George Hughes painting the young couple being hitched while competing in the Boston Marathon; or how about having the currently-in-love young couple shot out of a double-barreled cannon, the minister awaiting them at the landing net?

Thankfully, *Post* artists painted their covers when the wedding ceremony was culminated at the altar, rather than in midair, midwater, or midmarathon—when couples listened up real good to the clause "till death do you part."

Now fast approaching my own 61st wedding anniversary, I write with no little authority. (Yes, I was a child groom.)

The line forms to the right. And lines on the groom's face are saying, "Make it snappy, you guys." On the other hand, *Post* cover artist Albert W. Hampson would have us believe that the bride sees no particular reason for cutting this part of the ceremony short. Or could this be the second time around?

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If practice makes perfect, he'll have the proposal down pat. With bended knee, bouquet, and ring, artist Frederic Stanley appears to have covered it all—except for the young lady's answer—leaving us to hope for the best.

Jeepers creepers, would you look at those peepers! Her peepers wide with excitement over that rock in her hand, his bugging out at the thought that he now holds but a mere pebble.

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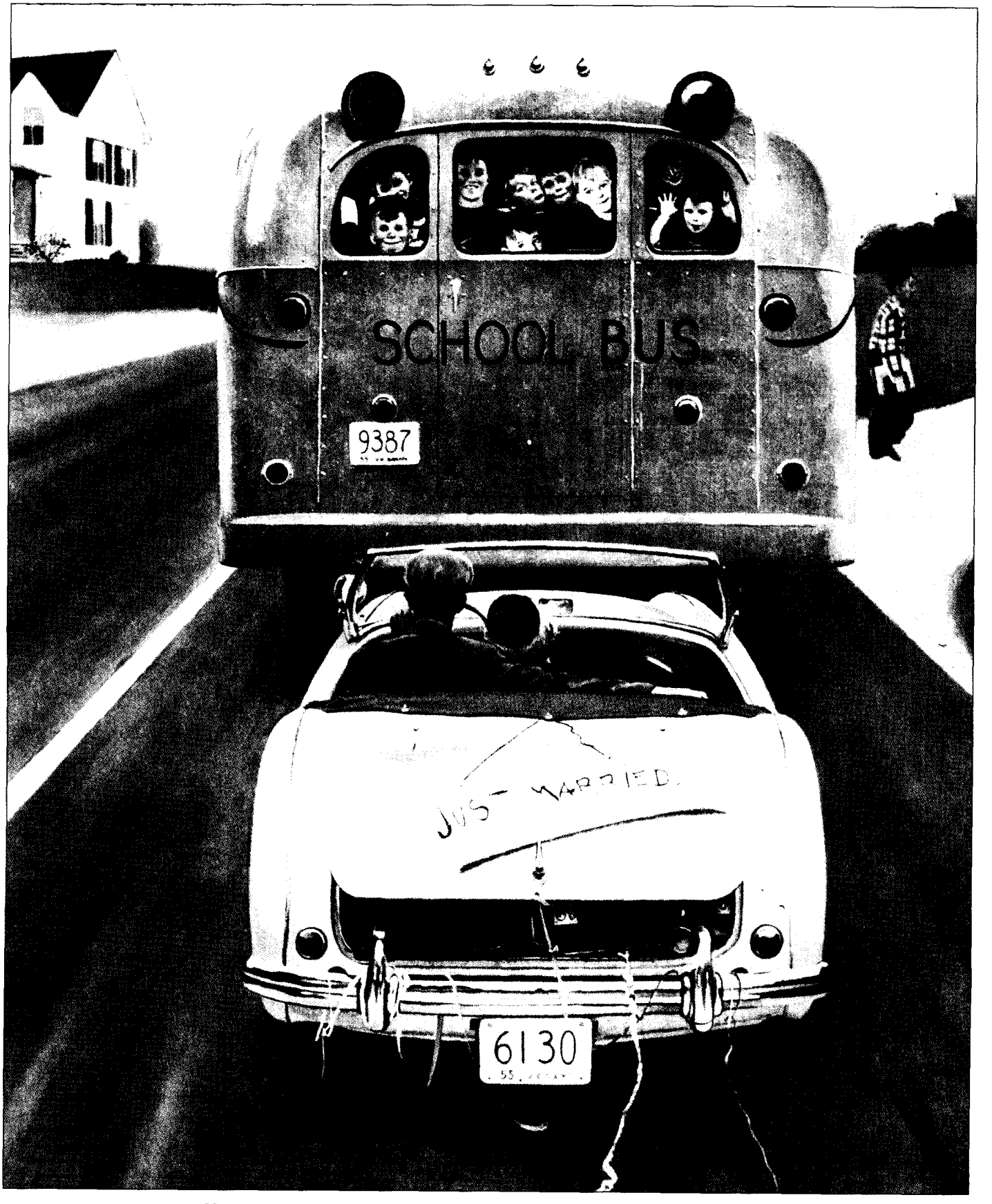

Not only has the honeymoon been put on hold, but the eager young couple must face a busload of sniggerers, whose thoughts of love are still centered on baseball and Barbie dolls. Note, however, that artist George Hughes has included, peeking out above the window, a lad who appears to be considering the marriage situation seriously.

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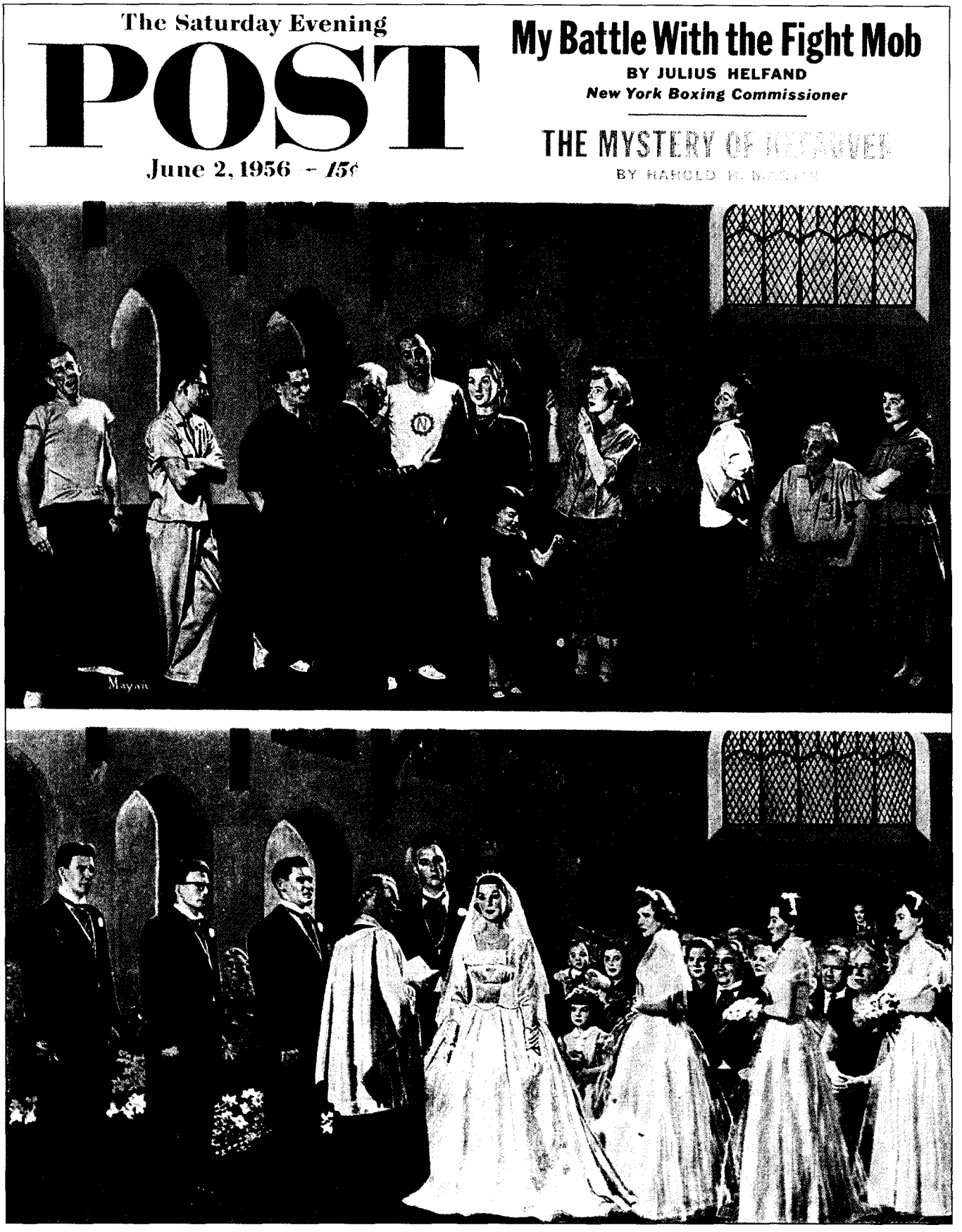

The wedding party really cleaned up well. From T-shirt, denim, and yo-yo to tux, frills, and flowers is no mean trick—even under the adept hand of artist Earl Mayan.

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The Saturday Evening
POST
June 3, 1961 - 15¢

Could Nuclear War Begin by Accident?

By Peter Wyden

The Spoiling of the RIVIERA

Breakfast in bed? Really? A far cry, indeed, from today's coffee, Twinkie, and out the door! A farther cry from today's altar thoughts of his hole-in-one or her job promotion to CEO of Widget, Inc.

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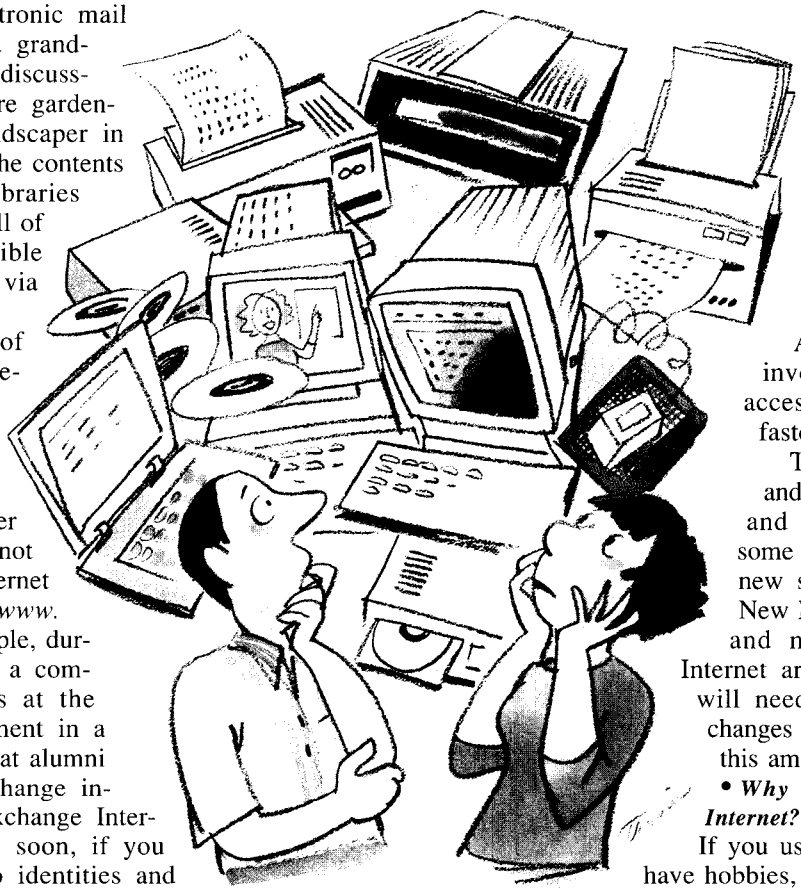
TREKKING THE INTERNET

Few adventurers can ever visit outer space, but cyberspace is available to all. Here's how to get there and what you may find.

by Mary Furlong, Ed.D., and Stefan B. Lipson

Illustrated by Don Trawin



Imagine sending electronic mail to your children and grandchildren in Beijing. Or discussing your New Hampshire gardening problem with a landscaper in Australia. Or searching the contents of several university libraries without leaving home. All of this, and more, is possible when you get connected via the Internet.

The Internet is one of the fastest evolving phenomena in the history of computing. This global network of networks links people, countries, and communities together in amazing ways. It is not surprising to see an Internet address on TV (*http://www.fox.sports.com*, for example, during a football game) or a company's Internet address at the bottom of an advertisement in a popular magazine. Even at alumni reunions, as people exchange information, they often exchange Internet addresses. You will soon, if you don't already, have two identities and worlds—the one you keep "in person" and the one you keep in cyberspace. In the cyberspace world, you will be finding friends and colleagues that share common interests. Together or on your own, you can explore the constantly changing features of the online world.

INTERNET DEFINED

What exactly is the Internet?

Simply put, the Internet is a collection of thousands of computer networks that are networked together. What's a computer network? A computer network occurs when two or more computers are connected to one another to share information.

The Internet is an enormous, constantly expanding, worldwide system of connected networks with literally millions of resources to explore. The rate of its growth is astounding. Sources estimate that the number of people accessing the Internet has doubled every year since 1988, and that 100 million will be online by 1998. As of 1996, half of all Internet users lived in the United States. The rest are in 100 countries. Twenty-two countries joined the Internet in 1995.

A few years ago, you couldn't find a book on the Internet. Now, there are hundreds and hundreds of titles about the Internet. Magazine racks are overflowing with new magazines devoted to the Internet and the online world.

The Internet is here to stay, to grow, and become an increasingly important part of our everyday life. And, as with everything else involving computers, Internet access will become easier and faster as time goes by.

The Internet changes daily, and that means that some sites and resources will evaporate, some will move, and many more new sites will become available. New Internet software is emerging and new technologies for the Internet are becoming available. You will need to stay current with the changes in order to benefit fully from this amazing online phenomenon.

• Why Would You Care About the Internet?

If you use a telephone, write letters, have hobbies, do research, find it difficult to get out much, or are just interested in what other people have to say, the Internet can and will change your life. People from almost every country on earth, of all ages and viewpoints, freely share their ideas, information, experiences, and opinions over the Internet. You have access to huge databases, whole libraries, museum collections, and esoteric journals. E-mail, certainly the most widely used service, allows you to exchange messages with millions of people around the world.

If you are, for example, particularly interested in the continuing debate over whether or not Shakespeare really wrote all those plays by himself, you can access the Oxford University library for all the latest academic papers. You can sign up for as many newsgroups—like electronic bulletin boards—as you wish on thousands of topics ranging from the seriously scientific to the totally inane. You can read the front page of the *Zambian Post* (one day late), get a detailed map of New Delhi, or read the *Wall Street Journal*. You can send your opinions on domestic and foreign policies directly to the White House. You can download thousands of programs, graphics, sounds, and text files, all for free. You can even create your own "page," a place where

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people can learn about—you! And last, but not least, you can have lots of fun just exploring.

Exploring the Internet is similar to exploring AOL, MSN, or CompuServe, except it's a whole lot bigger, a lot meatier, and a whole lot more unruly. The Internet is fascinating, stimulating, and thought-provoking. It is also silly, irreverent, and mundane. In short, the Internet is a good portion of the world brought to you electronically.

• ***Internet Origins.***

In 1969, the Defense Department started a project called ARPANET as an experiment in networking military research contractors, universities, and laboratories. The thinking was that research would go much faster if all the investigators could communicate and share results with each other electronically. In addition, the military was concerned about losing communication in the event of an enemy attack. The Defense Department needed a system that was decentralized—a network that would still remain operative even if an attack rendered part of the network inoperable. The network was not so large at first, but more and more universities got connected. Eventually, the network was divided in two: MILNET, which had the military sites; and ARPANET, for nonmilitary sites. These two networks remained connected by way of the Internet protocol (IP). The IP is the protocol that allows any computer connected to the Internet to communicate with other computers on the Internet.

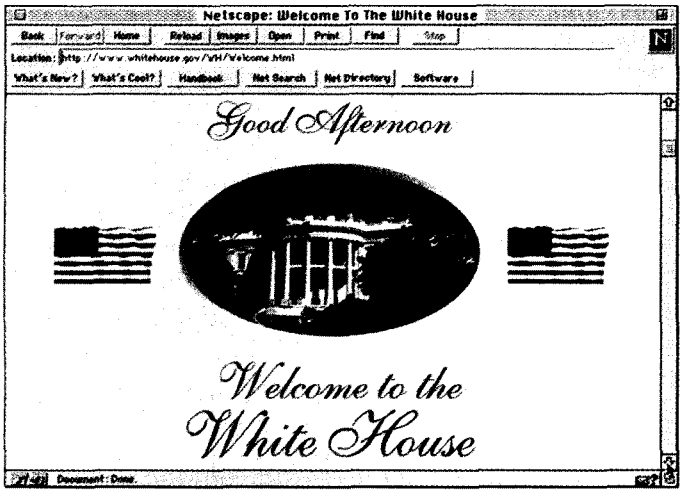
Today, the Internet (the successor to ARPANET) consists of a federally funded network tied to thousands of subnetworks. No government controls the Internet and there is no central overseer or administrator. The networks on the Internet share a common set of standards for addressing and transmitting messages, but the contents and information are wholly unregulated.

• ***E-Mail on the Net.***

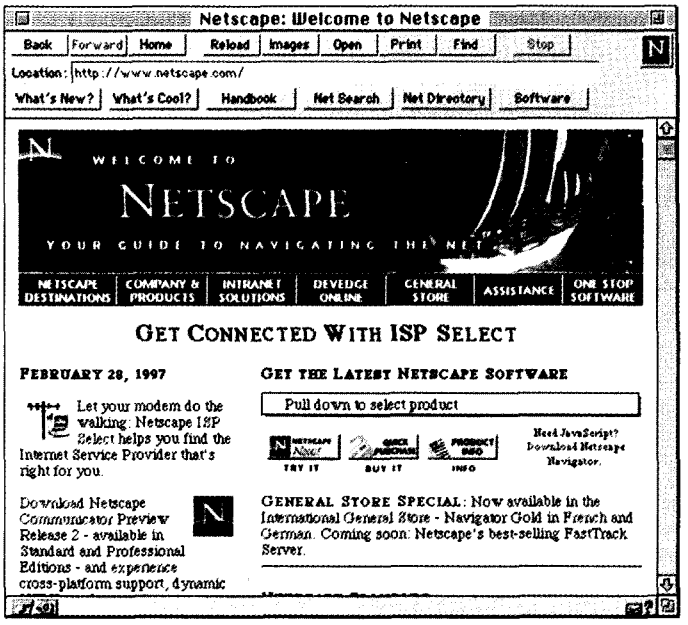
E-mail is also very popular on the Internet. In fact, it's the Internet mail system that allows you to send mail from AOL to CompuServe to Prodigy; when you send a message between online services, you send it via the Internet.

• ***E-Mail Addresses.***

Like online services, people on the Internet have e-mail addresses. Every address has several parts. The first part is your personal name, or screen name. How you are identified



Keep up-to-date on Oval Office activities, peek in on Presidential history, or e-mail your message to the Chief Executive from your desktop. The White House Web Page is located at http://www.whitehouse.gov/.



Checking out the Web requires an access tool called a Web browser. Although many exist, one of the most widely used is Netscape Navigator, which is simply a program used to connect to sites on the World Wide Web.

in the first part of the address depends primarily on how you are connected to the Internet. An Internet address is more complicated than an online service address, but an Internet address can actually tell you something about the sender.

Separating the first part of your address from the second and third parts is the @ symbol, translated and pronounced as "at." The second part is the *domain name*, which is usually the name of the computer your mail is routed through. And the third part is called the *top-level domain*. So, if the address reads: *Furlong@aol.com, aol* is the routing computer and *com*—short for "company"— is the top-level domain. Domain names tell you a lot about a message's origin. Here is a list of Internet top-level domains you are likely to encounter:

Top-Level Domain	Meaning
.com	Business *(largest group on the Internet)*
.org	Nonprofit organization
.net	Network
.gov	Government
.edu	School or university *(second largest group)*
.mil	Military site

An address may also identify geographic location. Countries other than the United States have two-letter top-level domain names, and here are a few of those you might see:

Top-Level Domain	Country
.uk	United Kingdom
.au	Australia
.jp	Japan
.de	Germany (for Deutschland)
.ca	Canada
.fi	Finland (more Finns per capita are online than anywhere in the world)
.il	Israel

Once you're on the Internet, you can obtain a country's

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two-letter domain name by contacting the Internet society at isco@isoc.org.

• ***E-Mail, Usenet, and Newsgroups***

Usenet is that segment of the Internet populated with newsgroups. There are many thousands of newsgroups on the Internet, which discuss many thousands of topics. Newsgroups are organized into categories, called hierarchies, which help define the content of the newsgroup. The name of each newsgroup is composed of several sections, separated by dots, to indicate the newsgroup's position in a particular hierarchy, as in *rec.sport.football.college*. The first part of the name is the hierarchy to which the newsgroup belongs. Here are the names of the Usenet hierarchies:

Hierarchy	Significance
comp	Topics about computers (the largest and oldest hierarchy)
rec	Recreation, sports, humor, entertainment industry, fun stuff
news	For newsies who even CNN can't satisfy
soc	Topics about social issues (exchange of ideas)
sci	Sciences of all kinds, for everyone from the hobbyist to professional
talk	Discussions or arguments (a great place to vent)
misc	Topics that don't fit in any of the other hierarchies

Starting a new newsgroup requires an application to Usenet and a vote by prospective readers. As a result, some of the more interesting (but unofficial) newsgroups begin with the hierarchy name of *alt* for *alternative*. These are general interest groups that range from staid, moderated groups to the raw, unedited postings of the fringe.

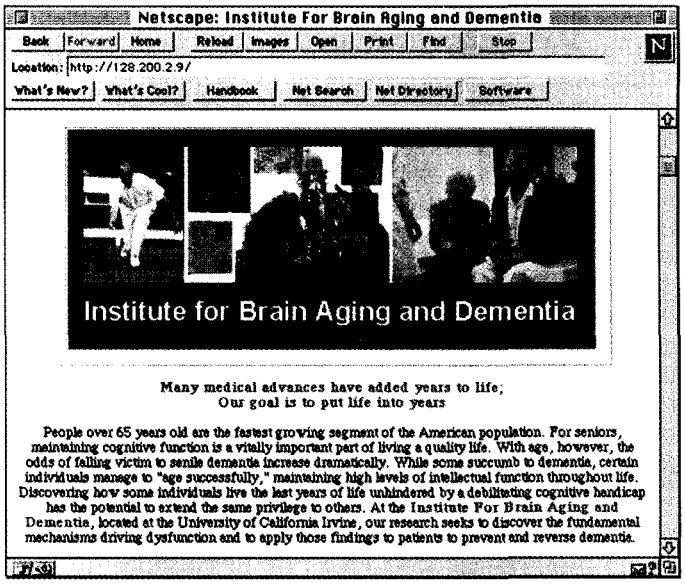
Internet Infamy: Lawyers Abuse the System

Laurence Canter and Martha Siegel are two Phoenix lawyers who have carved out an unenviable niche for themselves in Internet history: they were effectively banned from the Internet for *spamming*—posting an advertisement to thousands of newsgroups to drum up business for their immigration law practice.

Internet natives were mortified; the act was online blasphemy, yet Canter and Siegel were unrepentant. They felt it was their constitutional right to send the messages they sent. They even claimed their messages generated over $100,000 in new business.

Netizens responded swiftly and with considerable ferocity. All messages originating from Canter and Siegel were intercepted and destroyed. Their fax machine was swamped by a flood of dummy calls, effectively disabling their machine. Their service provider was also deluged and cut off Canter and Siegel's service. Canter and Siegel were outraged. They went to another service provider who offered them the same discourtesy.

Aside from being *persona non grata* on the Internet, Canter and Siegel have published a (terrible) get-rich-quick book that describes the merits of "advertising" on the Internet. Robert Metcalfe, the founder of 3COM and the inventor of EtherNet, termed the book "evil" and suggested in his *PC Week* magazine column that readers "shouldn't even buy it to burn it."


Netscape: Institute For Brain Aging and Dementia
Back Forward Home Reload Images Open Print Find Stop
Location: http://128.200.2.9/
What's New? What's Cool? Handbook Net Search Net Directory Software
Institute for Brain Aging and Dementia
Many medical advances have added years to life;
Our goal is to put life into years
People over 65 years old are the fastest growing segment of the American population. For seniors, maintaining cognitive function is a vitally important part of living a quality life. With age, however, the odds of falling victim to senile dementia increase dramatically. While some succumb to dementia, certain individuals manage to "age successfully," maintaining high levels of intellectual function throughout life. Discovering how some individuals live the last years of life unhindered by a debilitating cognitive handicap has the potential to extend the same privilege to others. At the Institute For Brain Aging and Dementia, located at the University of California Irvine, our research seeks to discover the fundamental mechanisms driving dysfunction and to apply those findings to patients to prevent and reverse dementia.

Online data banks offer up-to-date health information. If you want to learn more about Alzheimer's disease, for example, you can contact the Institute for Brain Aging and Dementia Web site at http://teri.bio.uci.edu/dement.html.

Here is a small sample of some official and unofficial Usenet newsgroups:

Newsgroup	Topics
comp.bbs.misc	About BBSs (computer bulletin boards)
rec.boats	Boating
misc.invest	Investments and the stock market
alt.peeves	Complaints and pet peeves

ALERT: Newsgroups appear that may have shocking content, shocking titles, or both. Many of the titles are meant to shock, so don't take the bait. If you aren't interested and/or you are easily offended, don't explore them.

• ***Usenet Abuse***

The huge popularity of Usenet and newsgroups has resulted in problems that have frustrated many users. The most well-known abuse of the Usenet is called "spamming," the posting of the same message to hundreds of newsgroups (see sidebar, left). People post advertisements, illegal pyramid schemes, solicitations, and other annoying messages to lots of different newsgroups, hoping for responses. Most people get very irritated at receiving these messages. Although there is no written law on the Internet against this sort of "advertising"—the Internet doesn't really have any written laws—advertising or soliciting is forbidden and is typically met with a harsh response from other *netizens* (slang for citizens of the Internet).

GETTING TO THE INTERNET

There are basically two ways to connect to the Internet. By far the easiest method is via an online service like AOL, CompuServe, MSN, or Prodigy. An established service can provide you with an attractive, graphical interface, suggest interesting sites, manage your e-mail, simplify your travels, and give you easy access to newsgroups and mailing lists. In return, you pay them for all the time you spend connected to the service. It's the easiest way to go.

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TIP: *Using an online service is the way to go if you are new to the Internet or if you spend only limited time connected to the Internet. Online services provide free technical support, so if you are having problems accessing the Internet or are confused by the process, help is always available.*

• ***Internet Via an Online Service: The Easy Way***

Connecting to the Internet through an online service is easy. Services such as CompuServe and AOL offer Internet access as just another option on their main menus. For example, clicking on the Internet Connection button on the AOL main menu provides you with the Internet menu.

• ***Finding an Internet Service Provider (ISP)***

If you aren't going to use an online service like AOL or CompuServe, you'll need to find an Internet service provider (ISP). How do you find a good service provider? A recommendation from a friend is always good, but failing that, you'll have to do some research. Talk to folks at the local user groups, talk to someone at your nearby computer store, and look through Internet-specific magazines.

ALERT: Don't go with any service until you have communicated with at least one person who uses that service. If you're already on AOL, MSN, or some other provider, get on the appropriate message board and ask others for their experiences. From there, make a list of possible providers, then get on the phone and start the screening process. Tell the provider what kind of computer and modem you have, and then ask these questions:

• Do you provide software? What software do you recommend?

• What are the monthly fees? Are there additional fees? Activation fees?

• Is there a set number of "free" hours of access that my monthly fee covers?

• Can you give me a local phone number? What is that phone number?

• Will you help me configure my software once I have installed it?

• What are the cancellation rules? Are there penalties?

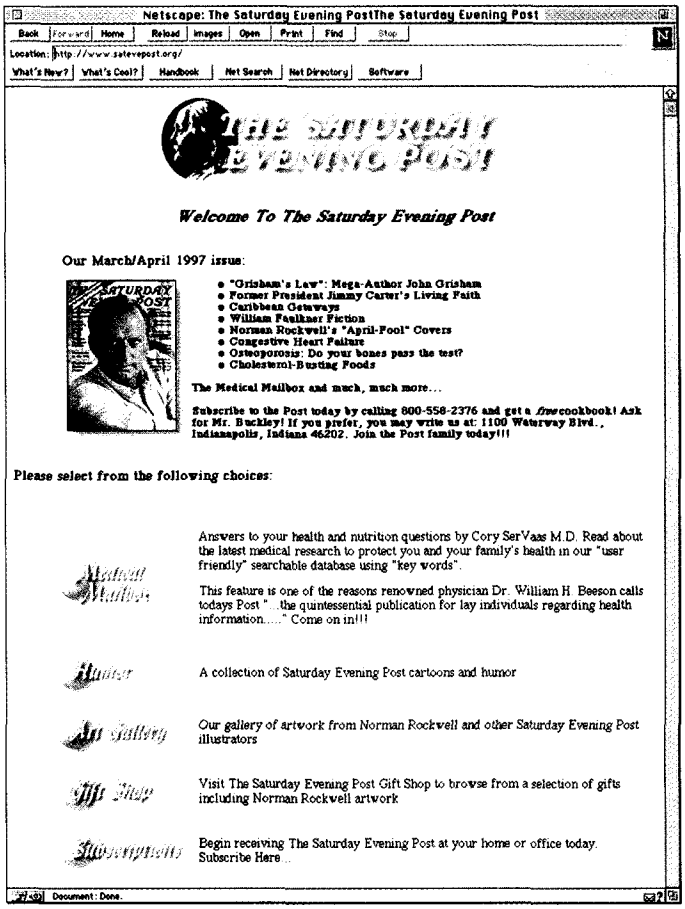
By the time you finish asking these questions, you should have a fairly good idea of how helpful each of the providers might be. Cross out the ones who seem too impatient to answer your questions. Circle those that answer your questions and are helpful with their suggestions.

ALERT: A "local" access number may still be a toll call that will generate colossal phone bills. To guarantee that the call is "free," dial the operator and ask if the number is toll free when called from your exchange. If you can't get a toll-free number with a particular provider, seek another service provider.

THE WORLD WIDE WEB (WWW OR 3W)

Every time you open the newspaper or turn on the TV, you see something like, "Find us on the World Wide Web at http://www.toocool.com" or "Come visit our Web site at http://www.evencooler.com." Thanks to its ease of use, interactivity, and commercial potential, the Web has been

continued on page 73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• Former President Jimmy Carter's Living Faith
• Caribbean Getaways
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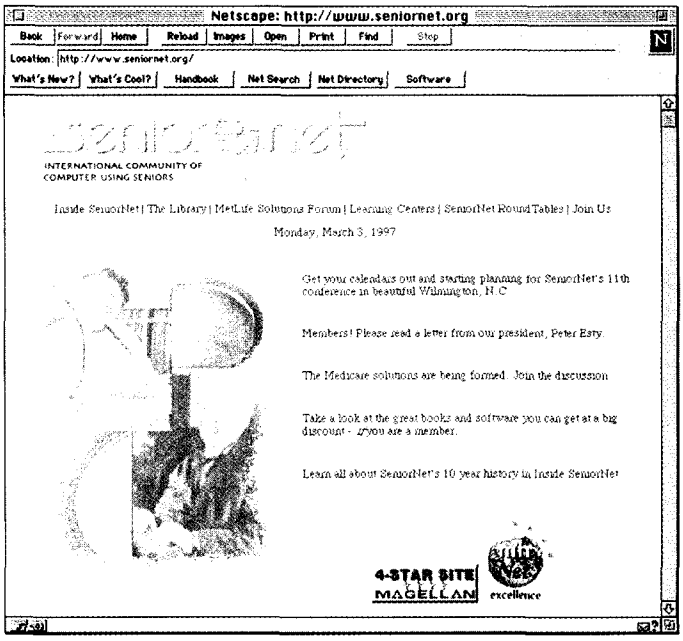
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INTERNATIONAL COMMUNITY OF COMPUTER USING SENIORS
Inside SeniorNet | The Library | MetLife Solutions Forum | Learning Centers | SeniorNet RoundTables | Join Us
Monday, March 3, 1997
Get you calendars out and starting planning for SeniorNet's 11th conference in beautiful Wilmington, N.C.
Members! Please read a letter from our president, Peter Esty.
The Medicare solutions are being formed. Join the discussion.
Take a look at the great books and software you can get at a big discount - if you are a member.
Learn all about SeniorNet's 10 year history in Inside SeniorNet
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excellence

Seniors share common interests. Whether chatting about grandchildren or addressing political concerns, SeniorNet provides a forum for older adults (http://seniornet.org/).

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COMPLEMENTARY MEDICINE— EXPLORING THE ALTERNATIVES

As more Americans investigate the healing benefits of unconventional therapies, mainline physicians are taking a second look.

by Patrick Perry

A revolution is afoot. Ancient traditions and healing techniques are gaining ground in mainstream medicine. Patients are stepping forward with testimonials to the benefits that they've experienced from such unconventional treatments as herbal medicine, healing touch, and guided imagery.

We recently discovered a young physician whose creative approach to chronic medical complaints has yielded remarkable recoveries.

Dr. Dale Guyer is a board-certified family practice physician, affiliated with St. Vincent Hospital's Center for Complementary Medicine and Pain Management in Indianapolis. St. Vincent's is Indiana's largest Catholic hospital. *The Saturday Evening Post*'s editor, Dr. Cory SerVaas, interviewed him for a three-part series airing on the *Post*'s syndicated TV program, "The Saturday Evening Post Health Show." Response from viewers was so great that we wanted to share his work with our readers as well.

We might have interviewed any number of more prominent alternative health physicians who are writing books and attending book-signing events. However, we were particularly impressed with Dr. Guyer's hands-on approach and his long hours spent listening to his patients and learning from the results they report after trying a "complementary" approach.

In this first part of a two-part series, Dr. Guyer shares his thoughts on the promise of alternative medicine, hormone replacement therapy, nutritional analysis, and pain management. In the second installment, he will address the specific health benefits of vitamin and herbal supplements, as well as exercise.

Post: What do you mean when referring to "complementary medicine"?

DG: Complementary medicine is a nice way of looking at tools that complement conventional care. The goal is to be eclectic and use what works. In traditional medicine, we usually think of pharmaceutical or surgical intervention. My bias is to use less-invasive approaches when they work better. My criticism of modern medicine is that we have so many wonderful modalities and well-defined diagnostic interventions to determine metabolically what is happening in an individual. If we use this information to "complement" conventional care, we can make some dramatic changes in a person's life. But at this point in time, these methods are not taught in medical school in this country. What you learn, you learn on your own.

A pioneer in the growing field of complementary medicine, Dr. Dale Guyer uses "what works" to keep his patients well.

Post: Does the United States lag behind other countries in its acceptance of alternative therapies?

DG: Medicine is practiced very differently elsewhere in the world. In European medical schools, students are taught about acupuncture, herbal medicines, various nutritional interventions, and modalities such as therapeutic touch and hypnotherapy. They are not foreign concepts. For those doctors, it is not a big deal to use what we term "unconventional." There is an herb, for example, called *Ginkgo biloba* that is sold over the counter in this country, but is the most common prescription in the whole of Europe. But if I recommend *Ginkgo biloba* to a patient in Indianapolis, for example, for heart disease, migraine, or memory problems, that's certainly unconventional compared to what my medical peers might offer. It is a rational and sound therapeutic approach that has been very well researched. But these are tools and modalities that most American physicians are unaware of.

Post: If alternative therapies work, why aren't they used more?

DG: There's a delay in accessing medical information and putting it into common practice. After discovering that citrus was a cure for scurvy, it still

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took the British navy about 40 years to adopt the strategy of using limes to prevent the disease on long voyages. Even then they were ridiculed by the rest of the world's navies and called "limeys." Of course, they didn't suffer from scurvy. That's a nice model of how change occurs in medicine. Information available today will take years to be accepted as standard medical practice. It's unfortunate. Looking at the patient population that I work with, there are a lot of simple solutions to their problems, but someone has to be very attentive to modern information.

An area of interest among baby boomers, for example, is life-extension medicine and hormone replacement therapy. All of a sudden melatonin, DHEA, and human growth hormone have caught the attention of the media. Consumers know more about the subject than most doctors, even though the information has been available for years.

Post: You've recently returned from a meeting in Las Vegas. Please tell us about what's new in the field of complementary medicine.

DG: The meeting brought together current world researchers interested in such topics as human growth hormone, other hormone replacement therapies, cosmetic preparations that diminish the signs of aging, and a variety of modalities that enhance wellness as we age.

Post: You mention aging and hormone replacement therapy. Do you measure the testosterone levels of patients concerned about aging? If these levels are low, does it help to administer testosterone?

DG: Testosterone replacement therapy has become a standard form of care, not only with men but with women, also. Recent national magazines have highlighted the cause. It's actually a misconception that male testosterone levels decline with age. If you look at males who are aging gracefully and maintain a good diet and exercise program, you will find that these men tend to have testosterone levels very similar to those of younger men. On the other hand, younger individuals who don't take care of themselves can have depressed testosterone levels.

Post: Do testosterone levels in the male influence the level of sexual activity?

DG: They certainly do. Testosterone is dubbed the "hormone of desire" in a book aptly titled *Hormone of Desire,* and maintaining libido is certainly one of its functions. I think that modern medicine is just realizing that men also go through a phase in their life. Some call it andropause, as opposed to menopause. We are comfortable with the idea that some women pass through a menopausal phase and experience significant hormonal changes and symptoms. For men who go through a similar phase, the process is more gradual. When I speak with men in my office, we identify a general trend. Men say, "I feel weak and depressed a lot. I don't heal well. I don't think clearly or have the zest for life that I once did." If you test their testosterone levels, they tend to be somewhat low. In some patients I have seen, testosterone replacement therapy has yielded some dramatic results.

"Complementary medicine is a nice way of looking at tools that complement conventional care. The goal is to be eclectic and use what works."

Post: For menopausal women, do you administer hormone replacement therapy in the form of estrogen?

DG: First of all, I do not believe that all women need estrogen replacement. When you look at epidemiological observations throughout the world, such as in Asian cultures where the diet is high in soy and other types of proteins, menopausal symptoms are less common. Components of certain foods get around some of the symptoms women in our culture experience.

My preference for hormone replacement is a natural hormone replacement therapy. I dislike using synthetic prescription medicines. In my experience, most of these medications present significant side effects and poor patient compliance, so it makes better sense to give a person a molecule chemically identical to what the body makes, not something that human physiology has never seen in its entire evolution.

Post: Do you advise your female patients to eat soy products, such as tofu, to get natural estrogen?

DG: I encourage a good diet and regular exercise program. However, as we age, some people do require hormone replacement therapy to have normal function—it can change their lives in a positive way. The natural hormones that I recommend are usually made from Mexican yams. But here is a caveat. You can buy products advertised as Mexican yam extracts. These products make claims that they contain natural estrogen, progesterone, DHEA, or whatever hormone seems relevant to their advertising campaign. What most people are unaware of is that there really are no active hormones in these yam products.

Post: Why is that?

DG: What happens is that companies extract a compound from the yams called diosgenin. From that compound, you can make all the adrenal hormones, including testosterone, DHEA, cortisone, cortisol, aldosterone, etc. The difference is that some companies cannot stop when they synthesize a natural hormone. For something to be patentable, marketable, and profitable, companies have to chemically alter the structure to make it unique so scientists attach, for example, other chemicals—a methyl group here, a benzene ring there. The product is now unlike anything ever found in nature—it is 'unnatural,' but patentable, and therefore profitable. Natural hormones are still prescription drugs and have to be made by a compounding pharmacy, therefore not generally available at the "one size fits all" pharmacy. At a compounding pharmacy, supplements are tailored to the individual's needs; instead of getting, for example, a Chevette, you buy a Ferrari, built by someone wearing an apron in Italy.

Post: How does one find a compounding pharmacy?

DG: There are some very nice compounding pharmacies around the country. In Indianapolis, for example, Nora Pharmacy does a very good job. Hopewell in New Jersey does a good job as well. The whole concept of

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compounding is becoming more commonplace. But at this point in time, most physicians are not aware of the accessibility of certain preparations.

Post: Is this because there are not many marketing or sales people—detail men—coming around to tell them about their availability?

DG: Yes. A lot of medical education is offered by the pharmaceutical industry, which is not a bad thing because a physician becomes aware of information that he or she otherwise might not get. It's impossible today to sift through the vast amounts of medical literature to learn all the treatment options at your disposal. However, when you look at the world of natural medicine and the potential medical benefits of using adjunctive therapy, such as vitamins or herbal extracts, there are no company representatives coming by a physician's office (with the possible exception of my own) to educate them on how to use these preparations. I think that is rapidly changing in our country.

Post: What initiated the change?

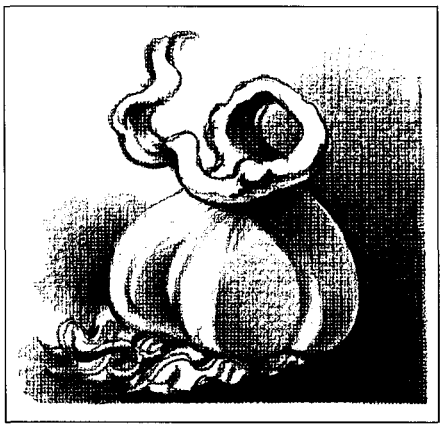
DG: The current medical consumer is demanding access to different medical modalities. I think that this trend will continue. These modalities of treatment are often safer and cheaper. If you look at most of the European medical practices, homeopathic preparations, herbal extracts, and so forth are part of their standard pharmacopoeia, used as prescription medicines and covered by the national health insurance policies. People who visit our country from Germany, France, or Britain are often surprised that they have to go through a health food store, not only because they have to buy something without a prescription but because they have to pay for it.

Post: Is that good or bad? Since DHEA and melatonin, for example, are unregulated and advertising claims run unchecked, is the consumer being protected?

DG: It's good and bad. It's bad because most physicians are not conscious of opportunities that are available, but it's not their fault. They have not been exposed to other modalities or ways of thinking. It's also bad because a lot of these things are unregulated.

What's good, however, is that these preparations can offer significant benefits to the patient. Take DHEA, for example. I firmly believe that DHEA should be a prescription substance: it's a very powerful hormone. Though safe when used appropriately, our tendency in this country is to assume that if a little is good, a lot is better. So people take extremely high doses for a variety of purposes with little guidance and knowledge about what they are doing. Unfortunately, they can't go to their doctors because their doctors don't know about it, either.

The other limitation is quality regulation. You can go to a health food store and buy a bottle of one hundred 10 mg capsules of DHEA, for example, for less than $7.00, which is cheaper than a prescription-grade version. However, when I write prescriptions for DHEA—high-quality, human-grade, micronized DHEA—the compounding pharmacist says that he can't buy 100 kg amounts of this bulk powder and sell it for less than you can buy the stuff over the counter.



Garlic has been scientifically shown to help lower blood pressure and blood cholesterol levels. The herb also contains many powerful antibiotic properties.

Post: What is the message to the consumer?

DG: If you are paying next to nothing for a product over the counter, the quality you are getting is next to nothing. There's a huge difference between a pharmaceutical-grade preparation and an over-the-counter version. I take DHEA to normalize my levels. After experimenting on myself, I can say that the over-the-counter version did not bring up my blood DHEA levels like the prescription grade did.

Post: Can garlic be used to treat blood pressure?

DG: Blood pressure actually is often responsive to many different treatment modalities. Exercise and weight loss make a big difference in one's blood pressure. A standardized garlic extract, such as Garlinase 4000 or Garlitran, available at health food stores or by mail order, is also quite useful. Garlic can have quite a range of biological activity. It can affect bleeding time, platelet stability, and even seems to have some antitumor properties. It also has fairly strong antioxidant and immune-stimulant properties. It seems to be a good idea to include garlic ubiquitously in our diet, even though you might lose some friends over the matter.

Post: How does your diagnostic evaluation of a patient differ from that of a family physician's?

DG: The typical patient population that I see is much like any other doctor's; it's the practice approach that is different. If you go to see your internist, they usually request standard tests, such as a Chem screen done to look at lipid status, liver and kidney function, etc. That's a starting place. Most of my patients have already had that done before they come to me. In addition, I perform diagnostic evaluations not routinely performed in physicians' offices. Though these tests are widely available, most doctors aren't aware of them. I do various types of amino acid and vitamin analyses, as well as hormonal screens to get a sense of what's going on with an individual. If you have blood lipid problems, for example, we'll do a comprehensive cardiovascular screen that looks at other risk factors, such as lipoprotein-A, plasma homocysteine levels, and lipid peroxide, etc. These are probably even more linked to heart disease than cholesterol, which in this country we touted as the Holy Grail of risk factors—clearly not the case if you look at modern research. It is probably more rational to consider the relative importance of cholesterol in the light of other risk factors previously alluded to.

The other difference is in my treatment approach. If you have high blood cholesterol, for example, instead of using a drug to lower your cholesterol that is not only expensive but has a lot of side effects, we use a natural substance like chromium or inositol hexaniacinate, which is a type of niacin. It works better, is cheaper, has fewer side effects,

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and also has many other health-promoting benefits because chromium is involved in many bodily reactions.

Post: Do you also sample hair, fingernails, or skin?

DG: You can measure just about anything on the body. Looking at hair snippings for mineral levels is not very predictive. If a test comes back from hair mineral analysis with a high arsenic, for example, I take it with a grain of salt and look further. Those tests have never really been shown to be that useful. However, there are many other useful didactic tests. You can measure hormone levels in the saliva, amino acid metabolized in the urine, and all sorts of blood parameters. The technology that we have in modern medicine is amazing.

Post: Do you see a trend in medicine to teach future doctors about complementary medicine?

DG: Yes, absolutely, that's going to be part of modern medicine.

Post: Do you feel that younger doctors, such as yourself, are more in tune with these therapies?

DG: When I go to conferences, most doctors that I meet are a lot older than I am. Many entered this type of medicine because of personal experience—a family member or a patient who taught them a different way of looking at things. There is a population of physicians out there who embrace these technologies because of experience. They see it works and they educate themselves along the way.

On the other hand, I see a new class of younger physicians who realize the limitations of medicine. They don't blindly accept everything that is passed on to them. They have to embrace body/mind/spirit—a person is not just a streptococcal infection. I look to the younger physicians to be more broad-minded and willing to embrace alternative therapies.

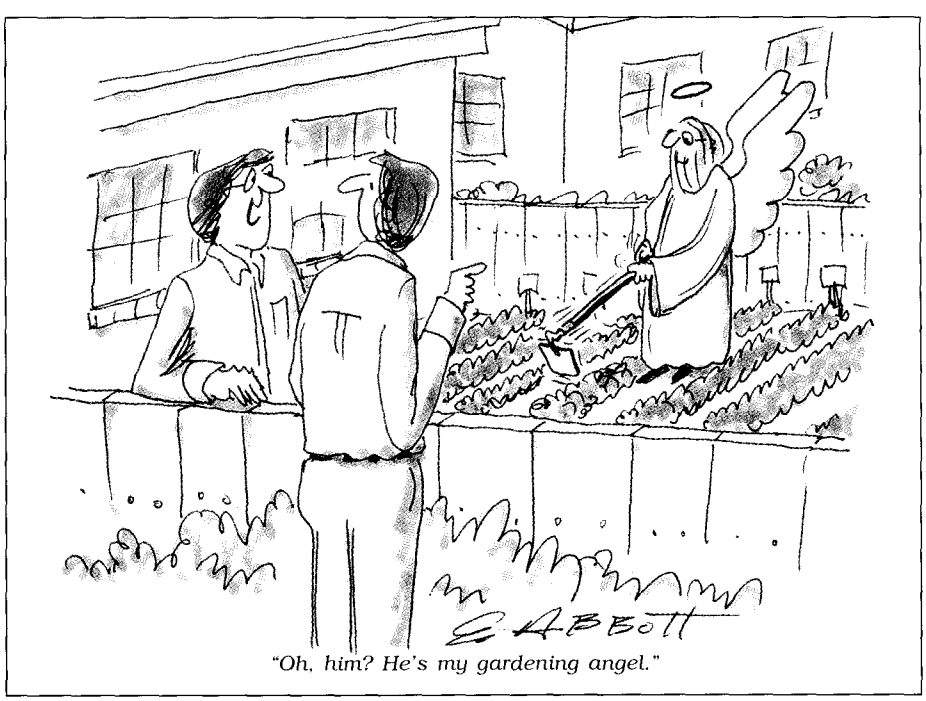
Post: Where do complementary healing therapies fit into today's medical model?

DG: What modern medicine does well is crisis intervention. I'd argue that sometimes we don't even know when to let go. What we don't do well, however, is address chronic illness. That runs the gamut from irritable bowel syndrome, chronic fatigue syndrome, fibromyalgia, headaches, arthritis, chronic back pain, menopausal symptoms, etc. I would say there are better first-line alternatives that are reasonably effective in 80 to 90 percent of cases. We should change our perspective on the way we practice medicine. If we have a situation, let's deal with it in the most cost-effective, noninvasive approach possible. If that doesn't work, then consider other options, such as pharmacological or surgical intervention. Sometimes both have to coexist. I see many patients who went through the medical gamut and did not have a successful encounter.

Post: Consider, for example, a person who fractured his lumbar spine in young adulthood and has since experienced chronic, intermittent pain treated with pain medications and anti-inflammatories. How would you approach this person?

DG: That's a good model. First, you need interventional medicine to address this acute process at the time of the accident. But you also need to support the body with the nutrition that it requires—copper, zinc, vitamin C, extra calcium—to help heal that fracture and limit the excessive development of inflammatory scar tissue that is going to cause problems down the road.

That aside, let's consider the present situation. I would offer a program that would help restructure and regenerate the tissue. You can use muscle relaxants and anti-inflammatories. But anti-inflammatory drugs hasten the degeneration of skeletal tissue. For example, in arthritis, we give anti-inflammatory drugs that don't do anything to address the problem: they help with the pain. The other complication is that these drugs cannot only damage the kidneys and gut, but also accelerate the rapid decomposition of the articular surfaces in the bone. I argue that the better treatment option is to supplement with niacinamide and glucosamine sulfate, both of which have been well-studied. The supplements are cheaper and, more important, address the problem because they supply what the body needs to restructure the architecture of articular spaces. As we age, our capacity to make these compounds falls off. I can't tell you the number of patients that I've had who came to see me taking anti-inflammatory drugs who couldn't tolerate them because of gastritis or the kidney side effects. A couple of months after taking these other supplements, they are off their drugs and happy about it. Lastly, I would use acupuncture or another noninvasive modality to help symptomatic relief, as opposed to anti-inflammatory drugs or muscle relaxants.



"Oh, him? He's my gardening angel."

If you would like to order a videotape of the Post's three-part interview with Dr. Dale Guyer, send $19.95 to: SatEvePost Society TV Dept., P.O. Box 1144, Indianapolis, IN 46206-1144.

continued next issue

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Designer Greens

continued from page 20

4 cups endive
1 clove garlic
1 cup Soy Vinaigrette
½ cup salad croutons, warmed
¼ cup Parmesan cheese

Trim all greens, wash, and drain. Chill all greens in refrigerator 30 minutes.

Before serving: Halve garlic and rub it all around a wooden salad bowl. Add ½ cup Vinaigrette and greens. Toss thoroughly. Marinate 1 hour. Serve with warm croutons and top with Parmesan cheese.

Per Serving (1½ cups):
Calories: 147 Carbohydrate: 11.4 gm
Cholesterol: 2 mg Protein: 4.4 gm
Sodium: 246 mg Fat: 9.3 gm
Diabetic exchange: 2 vegetables + 2 fats

Endive/Boston Bibb Plate

(Makes 4 servings)

2 cups endive
2 cups Boston Bibb lettuce
½ cup Tofu Thousand Island Dressing or "Eggless" Caesar Salad Dressing

Clean lettuce and drain. Chill 30-60 minutes. Serve leaves or tear into pieces for salads. Portion and top each salad with 2 tablespoons dressing.

Per Serving (1 cup salad + 2 tablespoons dressing):
Calories: 48 Carbohydrate: 5.7 gm
Cholesterol: 0 mg Protein: 3.1 gm
Sodium: 110 mg Fat: 1.4 gm
Diabetic exchange: 1 raw vegetable + ½ fat

Seeds and Greens with Poppy Seed Dressing

(Makes 4 servings)

2 cups chicory (ribs removed and torn into bite-size pieces) or romaine lettuce
1 small red onion, thinly sliced
¼ cup unsalted sunflower seeds
1 tablespoon lemon juice
½ cup orange juice
1 tablespoon olive or flaxseed oil
1 tablespoon poppy seeds

Combine chicory or romaine, onion, and sunflower seeds in large salad bowl. In small bowl, whisk together juices and oil.

In nonstick skillet, heat poppy seeds over medium-high heat until fragrant and toasted, about 3 minutes. Add poppy seeds to salad, then pour on dressing and toss well to combine. Serve at room temperature or chilled.

Per Serving (¾ cup):
Calories: 129 Carbohydrate: 8.6 gm
Cholesterol: 0 mg Protein: 3.4 gm
Sodium: 5 mg Fat: 9.0 gm
Diabetic exchange: 1 vegetable + 1 fat

"You're willing to work Sundays, I presume."

Help for Your Overweight Pet

continued from page 24

An obese dog is a potential problem for your veterinarian, too. During surgery, anesthesia levels are more difficult to assess, surgery takes longer because of the fatty tissue, and suturing is more difficult. Fat-soluble anesthetics make it more difficult for obese dogs to wake up after surgery.

Causes of Obesity

- **Overfeeding.** Most obesity is caused by overeating. Some researchers feel that emotional upset, boredom, idleness, and stress can cause dogs to overeat. James H. Sokolowski, D.V.M., Ph.D., now with Kal-Kan Pet Care and the former manager of the Gaines Nutrition Center, and Anthony M. Fletcher, D.V.M., staff veterinarian, stated that overfeeding puppies, especially in smaller breeds, can lead to excessive development of fat cells as well.
- **Too Little Exercise.** Reports show a healthy body is the result of proper nutrition combined with a regular pattern of physical exercise. Not only does exercise impart vigor to all parts of the body, but it uses up energy that might otherwise be converted to fat.
- **Genetic Heritage.** Some breeds are more prone to obesity than others. Labrador retrievers, beagles, basset hounds, and dachshunds seem to be genetically predisposed toward gaining weight. Cairn terriers, Shetland sheepdogs, golden retrievers, cocker spaniels, and miniature schnauzers also seem to gain weight easily.
- **Spayed or Neutered Dogs.** Spaying or neutering dogs has often been blamed for weight gain. However, the operation itself does not cause the gain in weight. Instead, it causes a decrease in the dog's activity level, which in turn causes the dog's body to need slightly less food.

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• **Medical Conditions.** Thyroid disorders can cause weight imbalances, as can pituitary gland dysfunction. There are medical conditions (such as damaged brain cells in the hypothalamus) that could cause the dog to be constantly hungry. Some medications can cause extreme hunger or weight gain (or loss). Before starting any weight-loss program, make sure your dog is examined by a veterinarian.

Treating Obesity

• **Talk to Your Veterinarian.** Make sure your dog has no underlying health problems that need to be treated prior to starting the weight-loss program. Ask your veterinarian if your dog can start a gradual exercise regime and ask for a recommendation regarding what food to feed. Your veterinarian may also make some suggestions regarding how much weight your dog should be expected to lose and how quickly (or slowly).

• **Moral Support.** Purina has a program where owners of overweight dogs can work with their veterinarians to help their dogs lose weight. The company's therapeutic diet, Clinical Nutrition Management, is sold only through veterinarians and features a low-calorie, high-fiber food. A computer software program is also designed to help regulate the amount of food the dog should eat during various stages of the diet.

• **Dog Food.** "Super-premium foods share a few common characteristics," Dr. McDaniel said. "They are high both in calories and fat, helping produce a shiny coat. However, dogs with a tendency to gain weight cannot handle all those excess calories." There are several foods on the market specifically designed for weight reduction or weight control. Many advertise that they are "high in fiber," with the implied message that fiber makes the dog feel full after eating it.

"Fiber seems to have a satiating effect. The dog seems to feel less hungry," said Dorothy LaFlamme, D.V.M., director of pet nutrition at Ralston Purina. However, some dogs do not handle increased fiber loads easily, with extreme flatulence the end result. Other weight-control foods are reduced-calorie, but not necessarily high in fiber.

When deciding which food to buy and how much to feed your dog, read the labels carefully, talk to your veterinarian, and if you have additional questions, call the manufacturer. It is not always necessary to switch to a diet food. Use portion-control instead, and simply cut back on the amount of food your dog eats.

• **Snacks and Treats.** Many commercial dog treats are high in calories, with sugar or corn syrup listed in the first five ingredients. If your dog is accustomed to food treats for certain behaviors, start rewarding it with something else. Brushing, petting, new toys, and extra playtime might do the trick.

• **Exercise.** If your dog is active, healthy, and just slightly overweight, you can probably start an exercise program with little trouble. If your dog is extremely overweight, be careful as you start an exercise program. In the beginning, walk your dog up and down the block or along a path in the neighborhood park. Gradually—over weeks, not days—increase the duration and exertion of the exercise.

Let your dog guide you as to how much exercise is enough. Watch for excess panting or whining and crying. If your dog lies down and refuses to get up, it's had enough. Let it lie there, relax, and get some strength back. Next time, don't push quite so hard.

• **Be Patient.** It's important to remember weight loss takes time to achieve. Depending upon the dog's original weight and condition, it might take two, three, or even four months to achieve a good, healthy weight. ★

TV's Guardian Angels

continued from page 37

everything except costars Reese and Downey.

Reese, 63, and Downey, 33, have vastly different backgrounds, but they hit it off right from the start on location shoots in the Salt Lake City area. Reese even performed Downey's wedding service when the younger actress married director David Anspaugh (*Hoosiers*).

Downey grew up in Northern Ireland and "went to a convent school where the nuns simplified everything so that God had a long, white beard and angels had big, feathery wings."

After attending the London Drama Studio, Downey came to America, where her principal credit before "Angel" was for playing Jacqueline Kennedy in *A Woman Named Jackie*.

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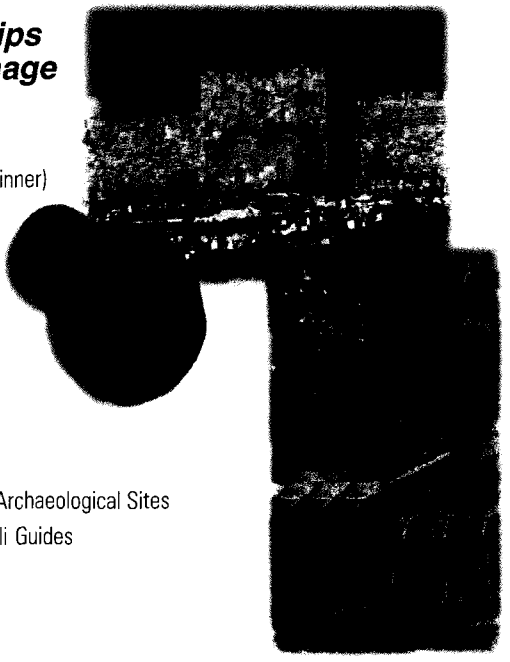

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Now that "Angel" is a hit and she and Anspaugh have a six-month-old daughter, Reilly Marie, they've bought a home in Salt Lake City, in addition to one in Santa Monica.

Reese—who started as a gospel singer, became a pop singer, and then an actress ("Chico and the Man")—needed no prompting to take the part of Tess when she found out about the spiritual themes of the series.

"It was an instant yes," she says, "especially given the chance to play one of God's helpers."

Downey also is a believer. "I don't necessarily believe in wings and stuff," she says of the way angels are typically represented, "and I've never seen any fly down, nor would I expect to. But I do believe in angels, and I pray to mine every day to keep an eye on me."

Joining Downey and Reese as a regular angel this season was John Dye ("Tour of Duty"), who plays Andrew, now a full-fledged colleague of Tess and Monica after previously recurring as the Angel of Death. "We've been needing a male point of view in this," says Williamson, "and a guy who could carry heavy stuff with Della needing more rest and Roma having a baby to take care of. And I love being able to show a guy who can be all guy and all love at the same time."

Although Williamson's credits wouldn't readily suggest it—much of her career has been in comedy writing for "Facts of Life" and Carol Burnett and Joan Rivers specials—her personal background was made to order for a series that is inclusive instead of exclusive, apolitical instead of doctrinaire, and spiritual instead of religious.

She was brought up Methodist in a Denver family, singing in the choir and teaching Sunday school. However, she wandered away from the church early in her career before, unhappy and adrift, she became firmly recommitted to Christianity in 1980. Today she attends a Baptist church in Los Angeles, but she's proud that viewers can't tell what her own preferences might be.

"We don't get ministers, priests, and rabbis complaining about anything that's in this show," she notes. "We do hear a lot of reports that they recommend our episodes to their congregations."

Then there are the testimonials. "We receive letters every day from people who've confronted addictions, forgiven betrayals, even decided not to commit suicide," Williamson says.

Williamson herself has three favorite episodes: one in which Tess confronted a militia leader who used the Bible to further his hatemongering; one in which Monica gave up her angelic powers to better understand the homeless; and one in which Joan Van Ark ("Knots Landing") played a daughter keeping vigil the night her father dies.

The last came from Williamson's own experience. "It was the story of the night my father died," she says, "and my mother, sisters, and I all stood around his bed and literally sang him into heaven."

The Hot Bookmobile

continued from page 41

large calloused paw out at Connery. "Nice to've met you, lieutenant."

"Will somebody," Connery begged when Mr. Manchester had shambled back into the night, "kindly tell me just what the devil is going on around here? What is this anyhow? Is the whole countryside in on this conspiracy, or what gives?"

"Your confusion is quite understandable, but first a glass of Ben Manchester's most delectable, albeit illegal, concoction," replied Horatio Venables, "and then the explanations.

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Do you take cider or branch water, Lieutenant McIver?"

"Oh, for Pete's sa——Cider, blast it!" said Connery, surrendering to the seemingly inevitable. Miss Jean Venables giggled, and despite the stern discipline imposed upon its members by the Metropolitan Police, Conn chuckled. This was one phase of the investigation which would not get into his report.

So, over glasses of purest mountain dew, judiciously adulterated with fresh, sweet, icy-cold cider to reduce its lethal potency, Horatio Venables told Connery about Yancey County and the successive disasters which had ravaged its economy, even while its sister counties beyond the mountains, in the booming valleys of the Ohio and Kanawha, enjoyed a prosperity hitherto unknown. Stripped by the lumbermen, disemboweled by the miners, abandoned finally by both, Yancey County might have been a candidate for a massive foreign-aid program had it been located in Southeast Asia.

"Yet these are proud people," Horatio Venables continued, "and to accept charity is a terrible humiliation for them. I know, because I was born in these mountains. So, last year upon my retirement from my position as head of the Department of English at the university, I determined to ameliorate in some small measure the deprivations my old friends and neighbors were suffering. Our schools are in desperate straits, despite the best efforts of the state government, and the children are growing up in almost total ignorance of the world of books.

"My own means are, as you may well imagine, severely limited, and since their parents' death some years ago, I have been responsible for my niece and her twin brother, William, who is presently an instructor at my old institution. We therefore took counsel together and concluded that we could best help our struggling friends by stealing a bookmobile."

"Just like that?" Connery asked, awed.

"Just like that," the professor replied with a pleased smile. "William, who has had some slight experience in affairs of this nature during his service as a medical orderly with the marines, planned the operation, which I thought went off very well indeed, considering that we were all more or less amateurs. What we did not anticipate, of

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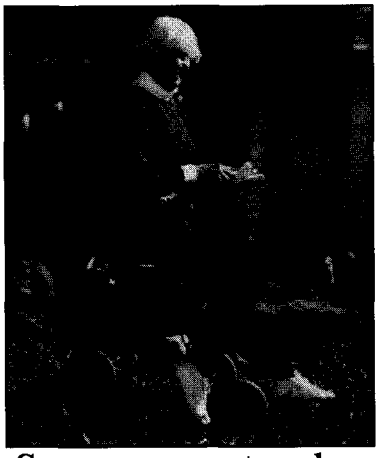

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course, was that we should escape detection for so long a period."

"You mean you *wanted* to get caught?"

"That was the original object. I desired to focus as much attention as possible upon the plight of the good people of Yancey County."

"I'm afraid I'm partly responsible for the rest of our little conspiracy," Mr. Sam Stevens put in, his grin wry. "Because, you see, once Horatio had got his bookmobile all the way back up in these hills without getting himself caught, I argued him around to the view that we could make a much bigger splash if we actually operated it and demonstrated that the people needed it and would make use of it. As chairman of the board of county commissioners, I put it to my members; they agreed with me, and we passed the word along to Rafe Tuckamore that if the State Police asked any questions, he didn't have any answers."

"But that makes you all accomplices," Connery protested.

"Every one of us," Sam Stevens agreed happily. "But to continue: It was no problem keeping any mention of the theft out of my newspaper, and most folks around the mountains can't afford to subscribe to one of the city papers from Huntington or Wheeling or Charleston. Maybe the radio news carried the story when it broke, but back here nobody would have paid much mind to it. So we put it out that the bookmobile was a kind of extension project being run by the Washington Library, and nobody knew that it wasn't strictly legal. Of course, we knew that sooner or later the word would get back to Washington."

"I can't arrest a whole county," Connery McIver said numbly.

"Why should you?" Miss Jean Venables asked. "We've kept old Number Four in good condition, and we haven't lost a single book. We've been charging two cents a week per book, though, to pay for gasoline and upkeep—don't worry, I've got every penny down here in the ledger, all accounted for. So Uncle Horatio and I—and William too—are the only ones really responsible."

"And I must insist that you arrest me, at the very least," said the professor.

"You aren't leaving me out of the act," Sam Stevens announced firmly. "As chairman of the board of county commissioners, I have a right to be among those charged. And Tad Willoughby, who's president of the school board, knows all about this, too; Tad would be downright insulted it you left him out, lieutenant."

"I think," said Connery McIver, "I would like another glass of whatever that stuff is. With cider, and take it easy on the cider." Whatever it was, he felt, it couldn't increase his confusion to any appreciable extent.

Mr. Sam Stevens' fish were ambrosial, and the wild dandelion with its sour-cream sauce was a dish fit for a gourmet. The rhubarb wine had just the proper dryness to make it a suitable companion, and by ten o'clock Connery McIver knew a contentment that, when he tried to analyze it, simply didn't make sense. He knew that he should be stern and morally outraged and full of righteous indignation and—well, more policemanlike. Horatio Venables, Ph.D. or not, was guilty of stealing a bookmobile, aided and abetted by his niece and his nephew, with the complicity, it seemed, of the entire population of Yancey County. And that was all there was to it. Nevertheless . . .

"Of course you'll stay the night," Professor Venables insisted. "You shall have William's bedroll. Ordinarily, in clement weather, we sleep under the trailer. Otherwise, I take the cab, and Jean occupies the trailer. Really quite comfortable."

After which it would have seemed incredibly rude had Connery forbidden the professor and Sam Stevens to enjoy a stroll down the stream with their after-dinner pipes. They would most certainly return. And it was not unpleasant to be alone with Miss Jean Venables.

Connery could never afterward quite figure it out: Perhaps it was Ben Manchester's mountain dew—or even Sam Stevens' rhubarb wine. On the other hand, it might have been the calm, starry night, and the warmly flickering fire, and the beautiful girl with the gentle smile and ready laugh, and something in the way her eyes shone. Or a combination of all of these factors. He found himself telling her about his law courses at George Washington University and of his eventual aim to become a lawyer. And about Mother McIver's way with a pot roast of beef—never forget the bay leaf, that was the essential point. And of his secret dream of owning a fire-

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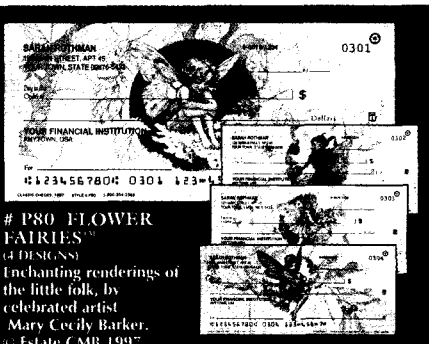

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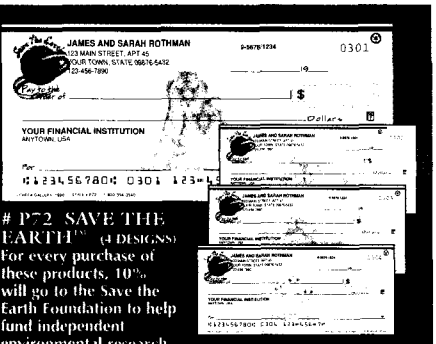

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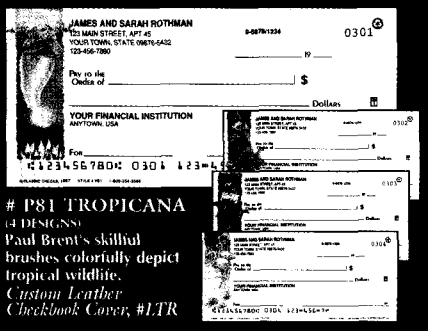

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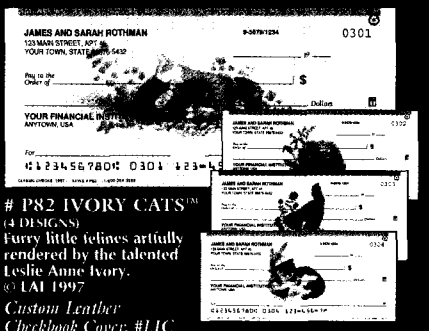

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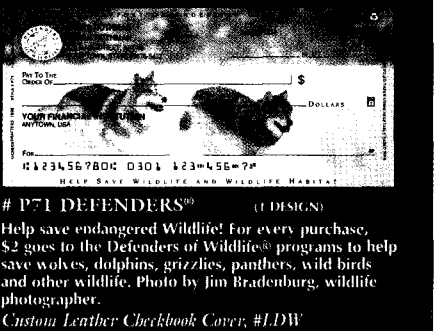

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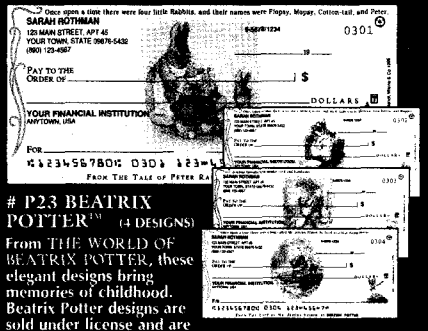

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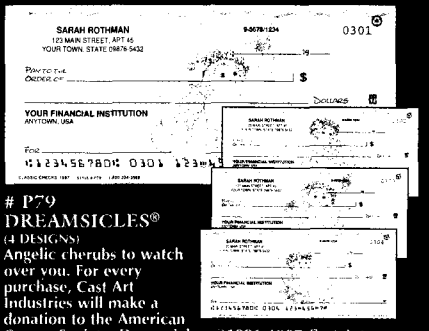

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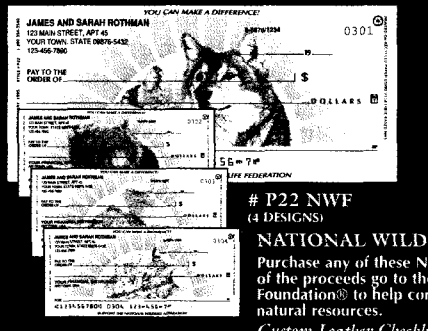

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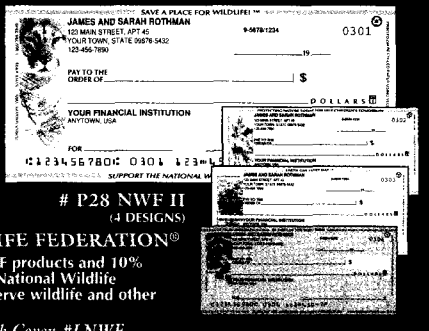

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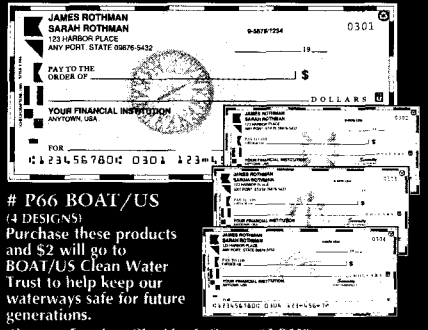

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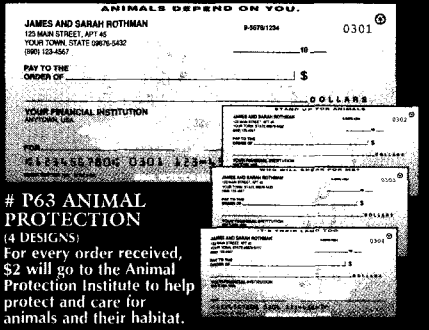

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engine-red British sports car with chrome wire wheels.

So that by the time Professor Venables and Sam Stevens reappeared in the firelight, Lieutenant McIver found himself in the wholly untenable position of a man about to arrest the girl he had just decided was the only girl in the world who precisely fitted the exacting specifications he had laid down for the future Mrs. Conn McIver.

"Duty, McIver!" cried Conscience.

"Duty, shmooty," protested Love.

It was all enough to drive an honest policeman up the wall.

"By the way, lieutenant," Professor Venables said as he handed Connery the spare bedroll belonging to nephew William, "Sam has just reminded me that you'll have to arrest Jed Digges. He's the mayor of Yanceytown. Old Jed's been supplying us with oil and grease from the municipal garage, so he's in as deep as any of us, I suppose. And now, good night to you, young sir, and pleasant dreams."

And so they were, just for a minute or two; dreams of never leaving this enchanted grove by a mountain stream, of staying here in these remote mountain valleys with Jean Venables for the rest of their lives, of rolling down the narrow lanes to bring the joy of *Heidi* and *Black Beauty* to all the other Elizabeth Sue Cullows. . . . After which, near-nightmare: Connery McIver marching into Washington, followed by every man, woman and child in Yancey County, Mayor Jed Digges at their head . . . the streets lined with people cheering the gallant West Virginians but hissing the duty-mad cop who had brought them to book . . . Capt. Mike Siegelman pinning the departmental medal to his chest, but saying, "You have solved a crime, McIver, and broken a thousand hearts in the process, you heel." And finally, Jean Venables smiling her amusement and tenderness and saying softly, "But I understand, Conn." After which the lieutenant slept like a babe.

Well, you remember how it was with those Portuguese chaps and their ocean liner. Got clean away with it, and off scot-free. Of course, the law had to take its course, as it always does, but the law knows how to temper justice with mercy, and, yes, a touch of good humor. Certainly the Metropolitan Police weren't going to make a big fuss if B. Jason Millerton, the executive director of the Washington Public Library System, refused flatly to press charges against the professor, whom he described as "my distinguished academic colleague and valiant fighter for his people."

So Bookmobile No. 4 once more rolls ponderously through the streets of Washington, D.C. Miss Greely is now in charge, Mr. Bentley having been promoted to a branch librarianship for gallantry in action. In Yancey County its place has been taken by Bookmobile No. 1 of the Horatio Venables Library Foundation, the funds of which are derived from popular subscription wholeheartedly supported by the Washington daily press, which is not as heartless as it is so often portrayed.

Lieutenant Connery McIver expects to take his bar examinations sometime within the new few months, and Sam Stevens has suggested that there are

continued on page 73

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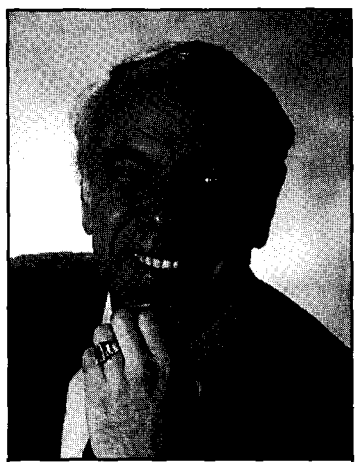

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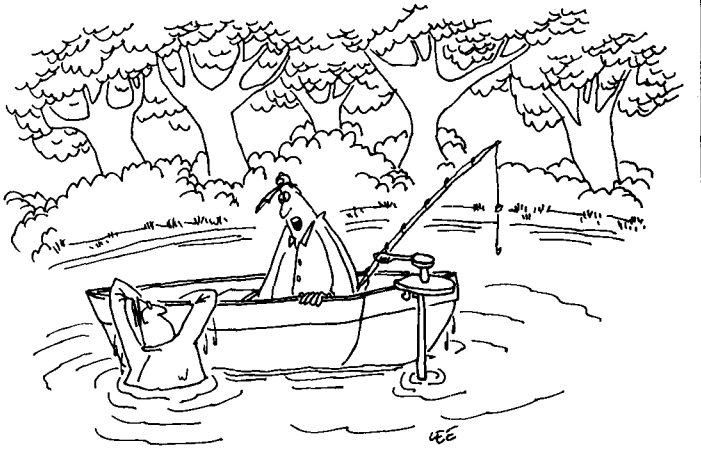
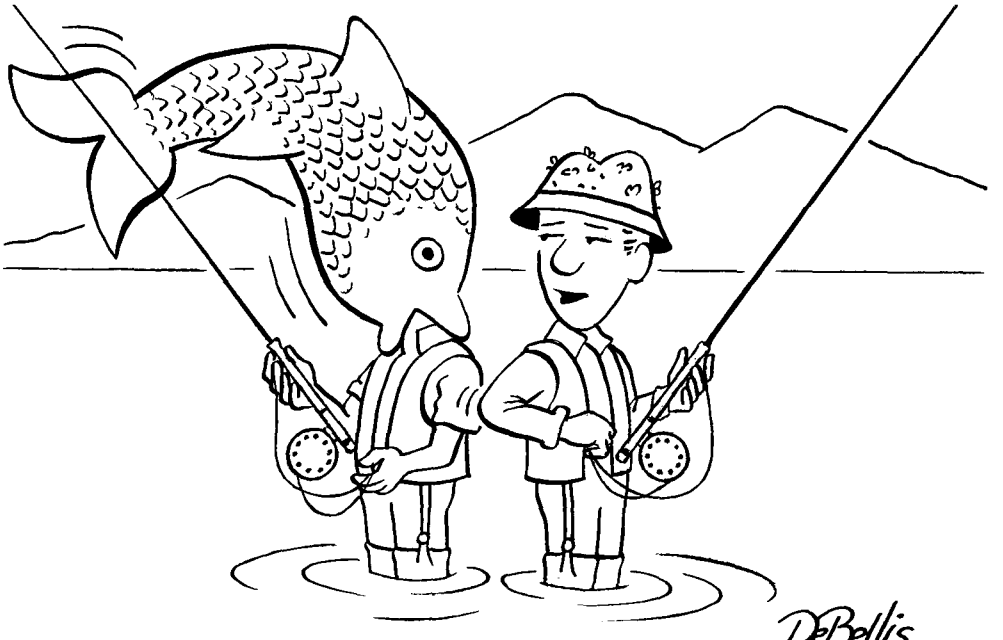
"I also sell insurance."

"Hurry up and catch something! My arms are getting cramps from holding this camcorder all morning."



"I told you, Jerry, you gotta be ready for a bite at any time."



"I told you the lures on your hat were good ones."

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The Hot Bookmobile

continued from page 70

worse places for a young lawyer to set up practice than Yanceytown, especially now since a couple of big electronics firms, attracted to the area by the publicity engendered by the recovery of Bookmobile No. 4, have announced plans to build there. Mrs. Jean Venables McIver, for her part, has gone her mother-in-law one better, as even Seamus McIver concedes. In addition to the bay leaf, Jean adds a dash of red wine. The results are marvelous.

Trekking the Internet

continued from page 57

hailed by some as the single most important computer publishing advance since the development of online publishing. Others feel it's the greatest time-waster since the advent of video games. A more reasoned assessment? It's a measure of both.

• ***What is the Web?***

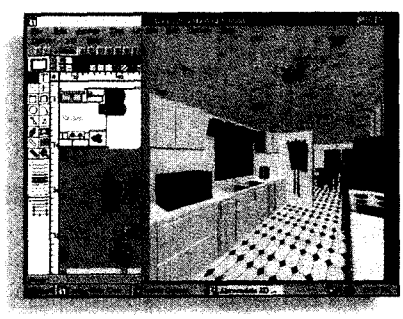
The WWW is another system for accessing information on the Internet. It started in 1989 at the European Center of Particle Physics in Geneva (known by its French acronym, CERN) as a way for scientists to publish documents over the Internet. The Web links one Internet site to another with *hypertext links*. With hypertext links, you click on words in a passage and jump to a new location where more information on that topic is provided. On the Web, hypertext is better defined as hypermedia; you can click on an image as well as a word and make a similar jump.

Eventually, Web publishers began creating their documents using something called *Hypertext Markup Language* (HTML), the lingua franca of the Web. HTML allows publishers to design documents using text, graphics, audio, and video.

The Web continued to slowly expand until 1993, when programmers at the University of Illinois' National Center for Supercomputing Applications released *Mosaic*, a free software program that let people access the

continued on page 78

Virtual Home Remodeling by Computer



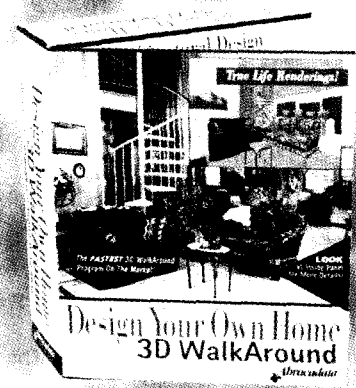
The other great advantage of computer ownership, aside from access to the Internet, comes from the endless array of software packages that can help you do everything from filling out tax forms to planning your next trip to Zimbabwe.

Software programs are getting progressively more sophisticated and easier to use, and some of the things they allow us to do are pretty amazing. For example, you can design a room addition to your house, furnish it right down to wallpaper styles, tables, chairs, sofas, rugs, and pictures, and then take a brisk walk through the finished three-dimensional space to see how it looks from any angle.

Virtual decorating is a feature of Design Your Own Home 3D WalkAround by Abracadata. It is one of a four-package set produced by the Eugene, Oregon, company where CEO Josephine Logan has put together professional architects, home designers, decorators, and landscapers to design state-of-the-art computer tools that change forever the image of the home do-it-yourselfer. Starting out with a bare piece of real estate, you can turn a vacant lot into a beautiful home, landscape it, decorate, and walk through it, changing the plans as you go. The only bad news comes with the fourth part of the CD-ROM set, when the design estimator tells you the exact estimated cost of your project, down to the last two-by-four. Fortunately, because it is all done in virtual space, you can always trim back to accomodate your budget.

The interesting thing about this and other kinds of software is that it can do things not visualized by its designers. One medical doctor, for example, used the architectural drawing program to produce anatomical drawings for his patients and also to design stained-glass windows. The company has no complaints whatsoever about this. In fact, they welcome innovative users, because that's what computers are all about.

Design Your Own Home Today...



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Myrtle Beach

Look out, Branson! This southern "upstart" offers a banquet of country favorites with golf and surf on the side.

by Audrey T. Hingley

Country music has been making waves in Myrtle Beach for a decade, causing some observers to dub the coastal South Carolina town "Branson-by-the-sea." Comparisons with Branson, the tiny Ozarks town that has become a mecca for country-music fans, are inevitable now that family-oriented music shows in grandiose theaters are a nightly ritual in this once-sleepy southern beach town.

If you're looking for nonstop country music, Myrtle Beach's 10 theaters can't rival Branson's 30 country-music venues. But add miles of sand beaches, more than 1,800 restaurants, 90 golf courses, shopping, fishing, and a host of other entertainment options, and it's no wonder 12 million people descend on Myrtle Beach each year, more than twice the number of visitors who flock to Hawaii annually.

"It's not *just* country music," insists Robert H. Applewhite, vice president of corporate communications for Fantasy Harbour, a two-year-old entertainment complex filled with outlet shopping malls and theaters, including the Gatlin Brothers Theatre and the soon-to-open All American Music Theatre. "I would challenge anybody who goes to the Gatlin Brothers Theatre to say it's 'just country.' What you see them do onstage is markedly different from what they did as touring performers. It's a production, not a concert."

But country music remains the fuel behind Myrtle Beach's entertainment boom. Calvin Gilmore, a Missouri farm boy turned musician, real-estate tycoon, and entrepreneur, got the country-music ball rolling in 1986 when he opened the Carolina Opry. The Opry was so successful that two other Gilmore shows followed (since incorporated into the Opry), along with a recording studio and record company. Three years ago, Gilmore, now 47, formed a marketing partnership with International Family Entertainment, parent company of cable TV's Family Channel network, that has already broadened the scope of Gilmore's beach-based venture.

On the heels of Gilmore's success have come the Dixie Stampede, Legends In Concert, Alabama Theatre, the Gatlin Brothers Theatre, the Ronnie Milsap Theatre, Medieval Times Dinner & Tournament, Snoopy's Magic On Ice Show, the Palace Theater, and the Eddie Miles Theater. Each provides distinct entertainment options.

The granddaddy of them all, the Carolina Opry, is housed in a 2,200-seat elegant theater reminiscent of an ornate southern plantation home. Gilmore's two-hour extravaganza blends country music with bluegrass, western swing, rock, gospel, and classic hits of the 1940s to 1960s, interspersed with heaping doses of down-home slapstick humor in a high-energy format.

"Bill Clinton says we should have uniforms in school to cut down on school violence," a comedian proclaims.

"Yeah, look what it did for the post office," a cohort deadpans, as the audience erupts into laughter.

None of the Opry's performers are "big names"—at least not yet—but all are topnotch performers backed by an able orchestra and lavish staging. Gilmore himself (who appears, says a Calvin Gilmore Productions spokes-

For a crash course in music, American style, tourists can't beat the two-hour show at the Carolina Opry, where bluegrass meets gospel, rock blends with swing, and country is always king.

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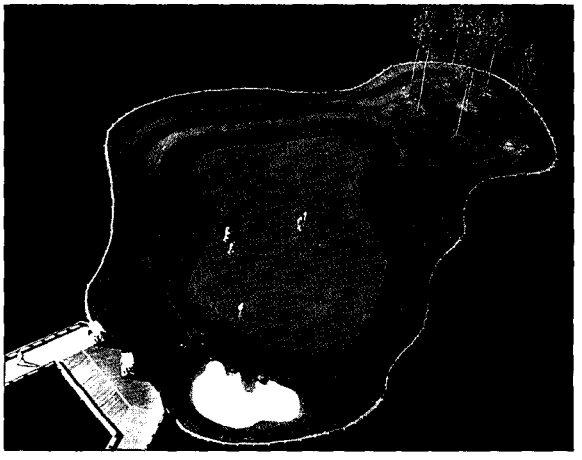
person, "when he feels like it") is apt to take the stage in jeans and T-shirt, armed with an acoustic guitar, a relaxed manner, and a pleasing country voice. But the rest of the cast favors sequined gowns and tuxedos. The show's something-for-everyone structure culminates in a patriotic finale.

A different experience awaits next door at The Dixie Stampede, a western-themed dinner theater and rodeo attraction owned by Dolly Parton's Dollywood Productions. Before the show, adults and children roam behind the arena, where stables house 32 horses of various breeds. A four-course southern-style dinner is served while the main show—built around music, rodeo, and a Civil War/North vs. South theme—gets under way in the 1,000-seat, 80,000-square-foot arena.

The country musicians known as Alabama opened their 2,200-seat Alabama Theatre in 1993. Located at Barefoot Landing—a series of sprawling boardwalk shops and a dozen restaurants wrapped around a 20-acre lake—the group's signature theater offers "Celebration '97," an Opryland-produced show featuring "Opryland-style" singing, dancing, and music six nights a week. Celebrity concerts, with some of country music's biggest names, are scheduled every Saturday night. Alabama takes the stage at its namesake theater about a dozen times each year.

The Gatlin Brothers Theatre came to the Fantasy Harbour complex in 1994. A large-screen video opens the show with a look back at the Gatlin family, complete with old photos of childhood days in Texas and early radio-appearance tapes, before Larry, Steve, and Rudy Gatlin take the stage for a true variety show in their 2,000-seat theatre. A four-piece band backs the trio for such segments as "Moments To Remember," a tuxedoed tribute to vocal groups of the '40s and '50s; "How The West Was Sung," a tribute to Roy Rogers and The Sons of the Pioneers, complete with smoking



The Gatlin Brothers deliver a true variety show that traces the boys from Texas to Nashville to Broadway. The setting is friendly and often includes a meet-and-greet session as a finale. When he's not on stage, Larry Gatlin, an avid golfer, has no shortage of courses to play. The green at right is called the Man o' War.

Elvis sightings are frequent at the Legends in Concert show, which features performances by superstar look-alikes. Among the favorites: the recreated Blues Brothers.

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campfire and special effects; an all-request a capella gospel segment; and a concert segment where Gatlin hits like "All The Gold in California" take center stage.

The atmosphere is relaxed and "down-home," and there's time at the show's end for fans to meet and greet their musical heroes. This summer, the Gatlin theater also will offer "Hollywood Superstars," a special show featuring performers imitating big-name stars, as well as special touring productions.

Larry Gatlin, the group's lead singer and Broadway star (he had the lead role in the Tony Award-winning *Will Rogers Follies*), is quick to credit Calvin Gilmore for Myrtle Beach's rise as an entertainment center for the whole family.

"Myrtle Beach was not typically a concert town until Calvin Gilmore [opened his theater]," Gatlin says. "We love it here. . . . We do about 240 shows a year, and we're very proud of our situation here and thankful for it."

Gatlin says he and his brothers considered opening a theater in Branson but are happy they settled on Myrtle Beach instead, which has become a kind of second home for the trio.

"Branson is a nice little place that's all about country music, but there are more things to do in Myrtle Beach. If you want to spend a week and see eight or ten country shows, go to Branson. If you want to see three or four shows but also go to the beach or play golf, come here," advises Gatlin, an avid golfer.

Ronnie Milsap opened his theater down the street in 1995. The six-time Grammy winner's résumé includes 40 No. 1 hits (including "What A Difference You've Made in My Life" and "Any Day Now"), which has given him plenty of audience-familiar material to include in his multimedia show. However, Milsap's last performance at his theater is scheduled in May; the veteran performer plans to return to recording and touring. In July his theater will become The All American Music Theatre, featuring a "from Nashville to Broadway" series of variety shows, including music headliners and special productions.

Diversification has spawned two other Fantasy Harbour theaters. Medieval Times Dinner & Tournament is housed in a castle-like structure complete with stables, an elaborately decorated Hall of Arms, and room for 1,250 people. The production is a recreation of Middle Ages pageantry, complete with "a medieval banquet," knights on horseback, and jousting. In 1996, Snoopy's Magic On Ice show, which combines precision championship ice skating with the popular "Peanuts" cartoon characters, premiered at Fantasy Harbour.

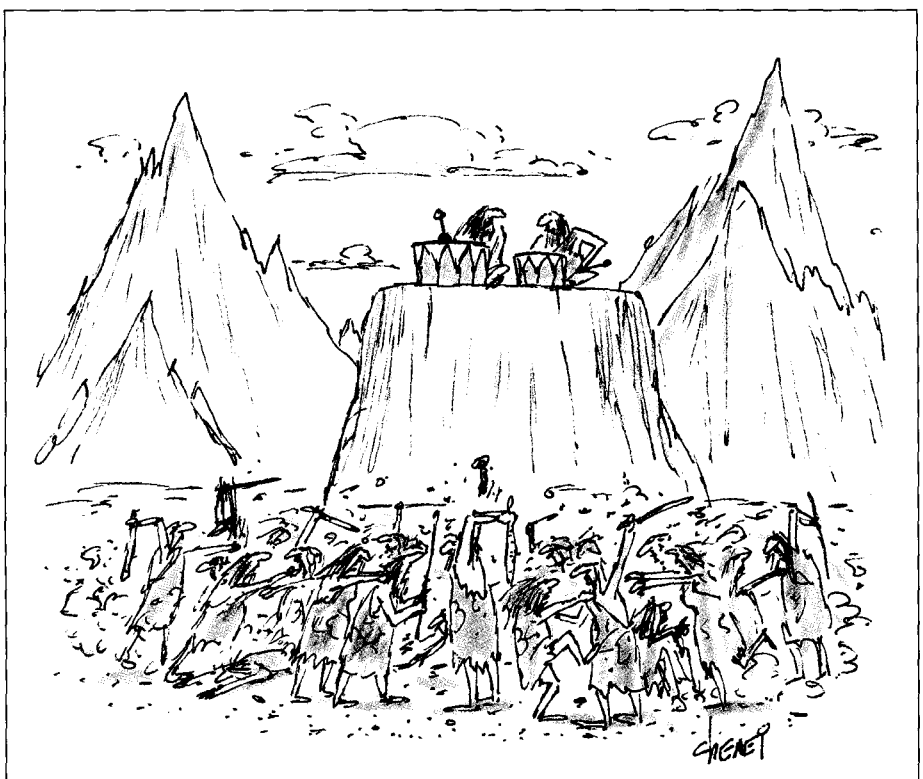
Legends in Concerts only briefly nods to country music, but the show is one of the area's best. Backed by a live band, costumed dancers, and elaborate staging, the show features a rotating cast of singers and performers emulating the performances of such superstars as Tina Turner, Whitney Houston, Hank Williams, Jr., Conway Twitty, Marilyn Monroe, and Elvis Presley. (Other "Legends" shows are based in Las Vegas; Honolulu; Atlantic City; Toronto; Pigeon Forge, Tennessee; Daytona Beach; Miami; and, yes, Branson).

Legends' performers are eerily like the people they portray in appearance, sound, and performance. The Elvis segments, as well as the high-energy duo recreating the John Belushi and Dan Aykroyd roles from the popular *Blues Brothers* movie, are by far the most popular parts of the Legends show, a spokesperson confirms. Tim Stamper portrays the Belushi role most often and is a crowd favorite. Michael Poloma, who also has portrayed the Belushi role at Legends, is particularly credible as he dazzles the audience with multiple back flips that any gymnast would envy. After the show, audience members line up for autographs from Poloma and partner Kenny Barret (who plays "Elwood Blues," Aykroyd's character). Both are Los Angeles-based actors.

Poloma says he first portrayed the late Belushi in a 1985 documentary. "I look at this as a role, as being an entertainer. I love what I do," Poloma insists.

"To entertain a live audience is incredible," Barret adds.

Apparently the feeling is mutual, as Myrtle Beach's entertainment phenomenon shows no sign of letting up. The area's newest entertainment entry is Broadway at the Beach, a 350-acre, $250 million complex located on a 23-acre manmade lake. The complex includes the Palace Theater, which showcases top entertainers; Celebrity Square, a mix of eight different nightclubs; an IMAX theater; a video arcade and children's rides; more than 80 stores and shops; and 13 restaurants, including Mickey Gilley's Texas Cafe, as well as Johnny Rockets, a '50s-style diner complete with a nickel-per-play jukebox and great chocolate malts. A new Hard Rock Cafe, constructed in the shape of a 70-



"We obviously aren't evolved enough to handle festival seating."

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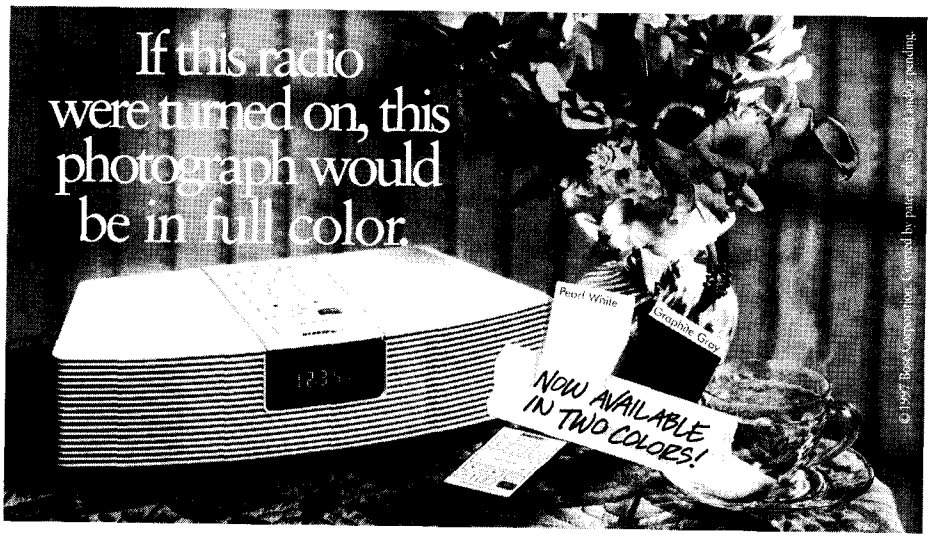
foot pyramid, seats 250 people and follows the time-tested Hard Rock mix of food, music, and music memorabilia. A laser light show illuminates the entire pyramid for the first 11 minutes of each hour, moving in time to recorded music. Also coming in June 1997: a 74,000-square-foot Ripley's Sea Aquarium.

Planet Hollywood, part of the popular restaurant and movie memorabilia chain, debuted at Broadway in the fall of 1996. Next door, The All Star Cafe, featuring food and sports memorabilia, has just opened. Across the street, the first in a chain of NASCAR-themed restaurants, The NASCAR Cafe, opened in January. Seating 300 people, the restaurant seats diners in the center of the "track" surrounded by NASCAR memorabilia, race cars suspended from the ceiling, and large-screen televisions showing racing footage.

"It's been packed since its opening," says Stephen Greene, communications director for the Myrtle Beach Chamber of Commerce. "It has been extremely well-received."

Down the road at Barefoot Landing, the latest in a national chain of House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of Blues restaurants is planning a summer opening. The huge (48,000-square-foot) establishment will feature live music as well as memorabilia devoted to blues music and its practitioners.

Although traffic can be bumper-to-bumper during peak holidays or at the height of the summer tourist season, Myrtle Beach remains relaxing. The most serene accommodations can be found in the north end of the beach, which is still within a short drive of the entertainment complexes. The busiest area is near the beach's old-fashioned seaside Pavilion, complete with arcade games, amusement park, and swarms of teenagers cruising in their cars. With 55,000 hotel rooms, plus rental cottages or condominiums and more than 6,200 available campsites, any family is sure to find the right lodging for its tastes and budget.

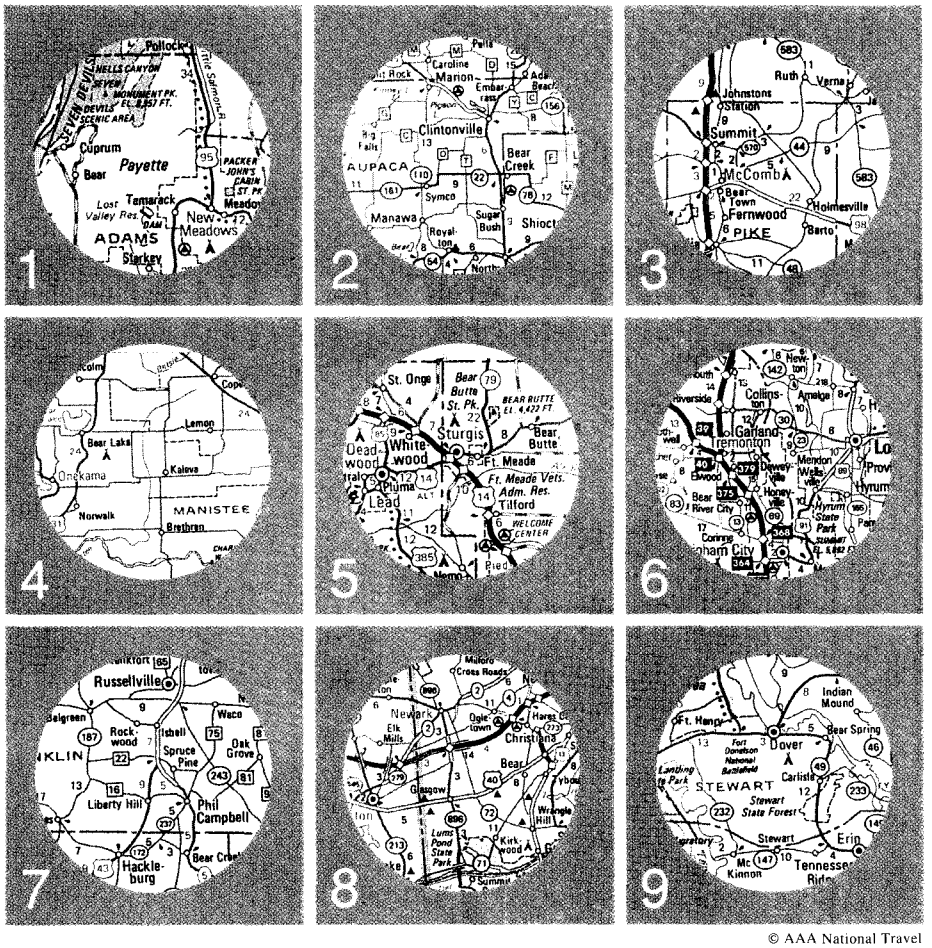
Theater shows are priced in the $20- to $22-per-person range, and group rates are available. Shows that include dinner, or concerts with top-name celebrity artists, can cost up to $30 per person. An added bonus, however, is that most performers meet and greet fans after each show.

While acknowledging that country music has propelled Myrtle Beach into a travel-destination hot spot, Stephen Green notes, "We don't mind being called 'Branson-by-the-sea,' but we are more than that. Country music is just one aspect of what our area has to offer travelers. If you don't like golf or country music, should you still come here? Yes, because there's an entertainment venue here for everyone's taste."

And oh, yes—there's also a great beach.

If You Go. . .

The Myrtle Beach Chamber of Commerce offers a wealth of information about beach theaters, lodging, and area attractions, including a 344-page "Stay & Play Vacation Guide." Call 1-800-356-3016 for more information.



© AAA National Travel

Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you find the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 83)

Salt Savvy

continued from page 28

by requiring certain key words on product labels that define the sodium content of foods. They are:

- ***Healthy***—Maximum of 600 mg of sodium per meal or 480 mg of sodium for single foods.
- ***Sodium Free***—Less than 5 mg of sodium per serving.
- ***Very Low Sodium***—35 mg or less of sodium per serving or per 100 grams for meals or main dishes.
- ***Low Sodium***—140 mg or less of sodium per serving or per 100 grams for meals or main dishes.
- ***Reduced Sodium***—at least 25 percent less sodium per serving than traditional products.

To cut back on salt in home cooking, cook or steam vegetables with only small amounts of salt and flavor with lemon juice immediately before serving. Prepare foods with sodium-free spices such as basil, bay leaves, curry, garlic, ginger, mint, oregano, pepper, rosemary, and thyme. Avoid seasonings high in sodium (see chart on page 28). Before purchasing processed foods, read the labels with an open eye for sodium, using the FDA label definitions as a guide. As for those high-salt foods that we may crave, like olives and pickles, eat them only in moderation, if at all.

Trekking the Internet

continued from page 73

Web without knowing much about computers. This was the defining moment for the Web (and the Internet), since it made the vast array of resources available to a largely nontechnical audience. You no longer needed strong technical skills or a computer background to take advantage of what the Web offered.

- ***Browsing the Web***

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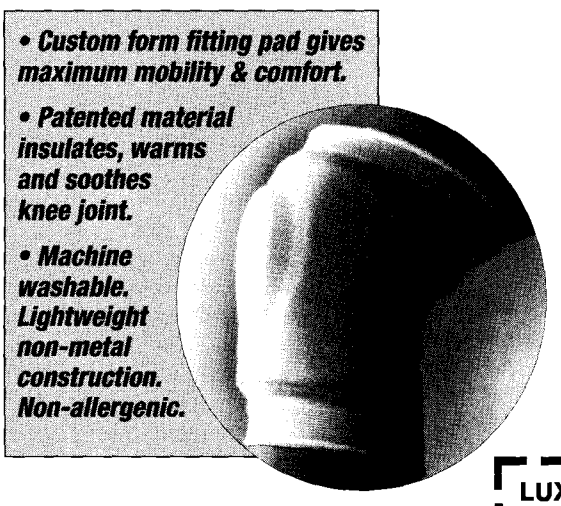
• Custom form fitting pad gives maximum mobility & comfort.
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the Web has been the growth in the number of *browsers* for Web travelers. A browser is the interface you use to access and navigate the Web.

Mosaic was the original browser, and that has been met with a number of other similar—and competing—products, most notably *Netscape Navigator* from Netscape Communications. Like any piece of software, these products differ in the features they offer, their ease of use, and their price.

NOTE: *NCSA's Mosaic is available free on the Internet, but you have to already have access to the Internet and have enough Internet savvy to know how to download it. If you want a free browser to get started, call your user group; you can bet they will have free software and utilities available for navigating the Internet.*

The major national online services all provide browsers. The America Online browser is called WebCrawler, CompuServe calls its browser NetLauncher (which is actually a version of *Mosaic*), and MSN offers the Internet Explorer.

• ***What is a URL?***

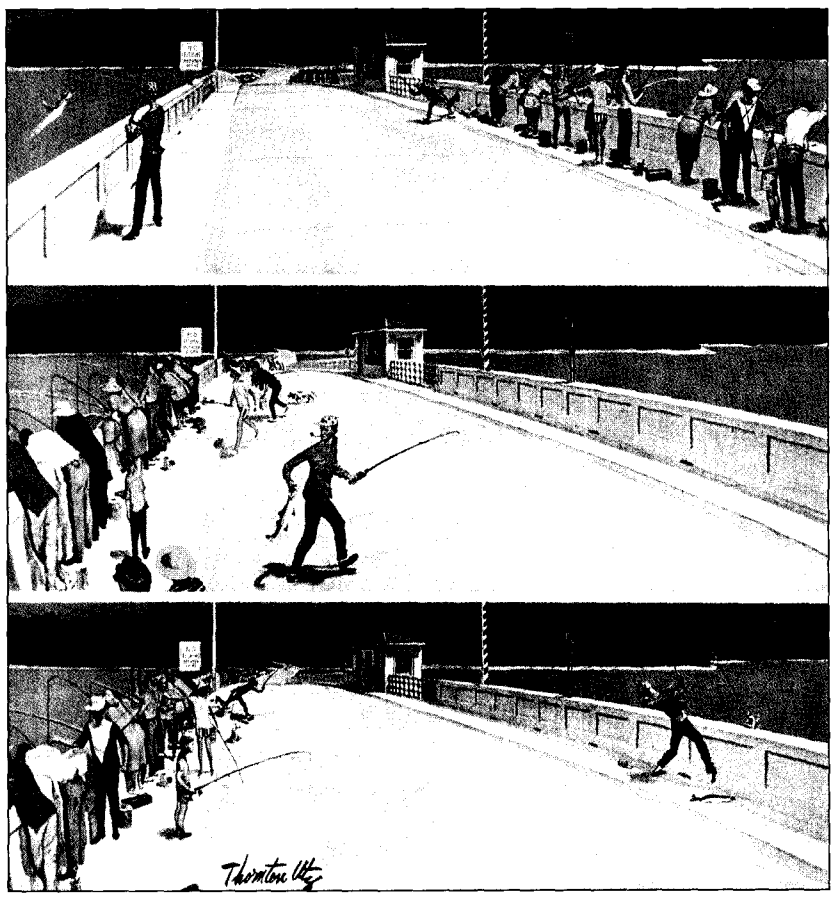
To successfully navigate the Web, you need to know about URLs. The string of punctuation and letters is the universal resource locator (URL). A URL (pronounced "You Are Ell") is an address used to locate a site or document on the Web. If you know a site's URL, you can go directly to it by entering the URL in the address field and pressing RETURN. For instance, if you want to access the White House, enter **http://www.whitehouse.gov/**. The URL for CNN is http://www.cnn.com/, and the URL for the Vatican Museum is http://www.christusrex.org/www1/vaticano/O-Musei.html/. Sure, you have to type a lot, but did you ever think you would be able to view the art at the Vatican on your own computer?

• ***Browser Features***

A good browser should make navigating the Internet easy. Browsers vary in quality and in the number of features they offer. Most have "What's New" and "Explore the Web" sections that will point you to easy-to-use resources. They also provide search engines, some better and faster than others.

Documents on the World Wide Web are commonly referred to as "pages." Traveling from Web page to Web page rarely follows any logical pathway—you can bounce from a university to a food company to an art museum—and the addresses are often difficult to remember. To make things easier, a good browser creates a list of all of the places you have visited during a session, so if you want to return to a particular site, you can look at the list, find the name of the place you wish to return to, and click on it. You'll jump there instantly without having to retrace your steps through the labyrinth.

You can also save addresses for use in later sessions. When you find a place you know you'll want to return



Can you name this picture?

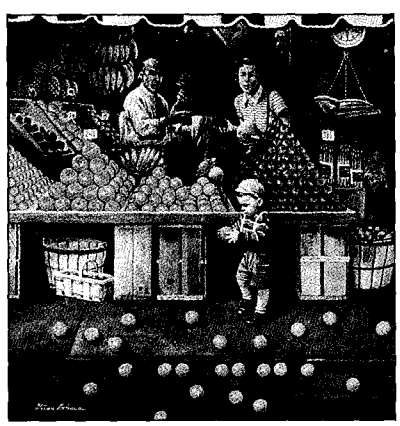
. . . contest: *The Saturday Evening Post* will award $100 to the author of the winning limerick for this picture. Your limerick must contain exactly five lines.

Send your entry on a postcard. Entries will not be returned. Enter as many times as you wish.

Send entries to: Limerick Contest, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202.

All eligible limerick entries must be postmarked by June 24, 1997.

The winner of the May/June 1997 contest will be announced in the Sept./Oct. 1997 issue.



Our congratulations and a check for $100 go to Robert Chambers of Bloomingdale, Illinois, for the winning entry in our Jan./Feb. 1997 caption contest.

He knew that his fruit was in danger,
The moment he saw the young stranger;
Soon half his display
Just tumbled away,
Thanks to "The Lone Rearranger."

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to, the browser lets you "mark" the location for access at any time—not just during the current session. You can "save your place" on the Web and create a list of your own favorite sites. The list of personal favorites is usually referred to in the software as the Hot List, Favorite Places, Personal Favorites, or Bookmarks section.

TIP: *Speed—or lack of it—may prove frustrating when trying to explore the Web. If you want to speed things up (with or without a fast modem), your browser lets you filter out graphics, a major cause of slow transmissions. The display won't look nearly as inviting, but your speed increase will let you poke around in a lot more places.*

• ***Up Close and Personal with a Browser***

Page 55 shows what a browser looks like. The buttons at the top of the page allow you to go back to the previous page, reload a page, go forward a page, see your file of favorite places, set preferences such as "no graphics," go to the home page (the equivalent of a table of contents or starting page), get help, and stop loading a page.

• ***Searching the Web***

If you are interested in a specific topic and are tired of double-clicking around hoping you'll find it, there are some efficient ways of finding things on the Internet. All browsers have a search capability, some faster and better than others.

There are also some good search engines available on the Web that are more powerful than most browsers. Although they all have different features, the basics are the same. When you call up one of these search engines, you see a search form. Enter one or more keywords that describe your topic of interest and submit the search as instructed. Selecting the best keywords is the critical aspect of an efficient search. You need to select a keyword or keywords broad enough to get most of the information you want, but narrow enough to exclude unnecessary information. Remember to conduct separate searches for synonyms, as in "cat" and "feline." You will probably get additional sites to choose from if you do.

The search engine then looks for items that match your keyword and returns a list of sites to you. If you are not satisfied with the results, try another search engine. Every search engine searches in a different manner, and efficient searching may require some practice. If you have difficulty narrowing the search for exactly what you want, try reading the "Helpful Hints" that accompany the search engines. They can save you lots of time.

• ***The Future of Online Services***

We know the Internet is growing rapidly, but growing into what? The Internet is fast becoming the global electronic marketplace and the resources available are dizzying. E-mail will continue to expand and be part of daily life for more and more people. Corporations will become increasingly dependent upon it for conducting business.

There is one clear trend, however. The commercial online services recognize their real competition is not with each other, but with the Internet. Since competition has historically meant good news for the consumer, we can only assume that the Internet's influence will benefit us all. The successful commercial services will provide better reliability, more speed, and lower costs.

Regardless of whether or not the Internet becomes a massive global marketplace, it will certainly continue to grow and serve as an amazing vehicle for communication between people throughout the world. ▲

Adapted from an excerpt from Young@Heart *by Mary Furlong, Ed.D. & Stefan B. Lipson. Copyright © 1996 by McGraw-Hill Companies. Distributed by permission of Osborne/McGraw-Hill. Available by calling 1-800-722-4726.*

Please Pass the Iodine!

continued from page 43

It may seem at first sight a little far-fetched, but there is probably a special reason why trout are so susceptible to this shortage of iodine. As everyone knows, the whole group of trout and salmon have one peculiar habit, and that is, like bad boys, they run away to sea in early life. They are all hatched in fresh water, many of them in very tiny streams, indeed; but as long as they stop in fresh water they never attain any considerable bulk or size. Salmon, for instance, run down to the sea about a year after they are hatched, with a length of about six or seven inches. They come back from the sea one to three years later, grown to a weight of from fifteen to thirty pounds, to find their stay-at-home brothers and sisters who were hatched from the same eggs still barely six

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inches long.

Incredible as it may seem, many of the trout have the same restless habit; and if they can easily run down to a brackish water estuary so as gradually to get accustomed to the salt, and finally get out into the sea or a big salt-water bay, they too, will grow from fingerlings up to ten, twelve, or fifteen pounds' weight. So it is hardly too much to describe a salmon as a trout that has run away to sea or a trout as a salmon that did not have the enterprise to ship before the mast.

Now what do they get in the sea which was not available in the sparkling brook or the little inland lake? In the light of our recent knowledge, it begins to look as if the answer might be iodine, for all the other elements of the food are equally abundant and nutritious in fresh water. In other words, salmon is simply iodide of trout.

Good for Troutlets and Children

Incidentally, this iodine cure throws an interesting light upon the long-drawn rule-of-thumb procedure of those who have the care of goldfish in a bowl, minnows in an aquarium, or any other sort of pet fish, of giving them every few weeks a bath in salt water or—if they can get it—sea water, on account of the tonic and enlivening effect it produces upon them. Even a goggle-eyed goldfish in a bowl may feel the cosmic urge for iodine.

With this convincing proof of its widespread curative value and wholesomeness, we no longer hesitated about trying iodine out cautiously on our little human troutlets in a school. Doctor Marine and his coworkers, to whom a very large share of the credit of this important discovery is due, with full consent of parents and teachers, put the boys and girls in one of our lakeside schools upon a new course, not of study but of iodine—a few grains of iodide of sodium three times a day. Some of the pupils objected slightly to the bitter salt taste; but they didn't insist upon their opposition when it was discovered that in about three months' time the number of simple goiters among them—that is to say, of enlargement of the thyroid gland, which could readily be seen—had decreased from seventy-five to about twenty; and further trial showed that this improvement could be increased to complete cure by keeping up the remedy in the same doses for about six weeks twice each year.

Not only did the goiters disappear but the general health of the children distinctly improved; and what was of almost equal practical importance, their progress in their studies was unmistakably hastened and the percentage of retardation distinctly diminished. As retardation has been one of the banes of our public-school system for years, estimated to add annually from 10 to 20 per cent to its entire cost, the teachers pricked up their ears at once and became almost as enthusiastic over the new procedure as were the doctors.

Together, they spread the news of one of the most useful and promising of partnerships—Doctor, Teacher & Co.—that has ever been developed, with the result that now literally hundreds of schools, not merely in the goiter belts around the Great Lakes and in the Mississippi Valley but all over the United States, wherever a careful study of the school children has shown a high percentage of goiter, are attacking the goiter problem with iodine with most encouraging results both as to health and scholarship.

The good news spread across the Atlantic and was promptly welcomed in Switzerland, partly because it was the native home of goiter and partly because of its high degree of general intelligence and open-mindedness. The authorities overcame one of its chief objections, the taste—because this led a certain percentage of pupils secretly to "duck" the dose—by coating it over with chocolate, which no schoolgirl can resist, and within a few months similar excellent results were obtained. In Zurich, for instance, the percentage of goiter before iodine was used was from 80 to 90 per cent; after iodine, it was barely 30 per cent; while the schools in the canton of St. Gall fell from 87.6 per cent of goiter to 13.1 per cent three years later. So the Goiter Commission recommended that this method of goiter prevention be instituted as a public-health measure over the entire state.

Of course all these results were carefully checked by what we call controls; that is to say, examinations of other pupils of the same age in the same village or county, in schools in which no iodine was given; and also, more precise and convincing yet, by the proportion of goiter persisting in those children who either themselves, or from objection on the part of their parents, declined to take the iodine. In every such test the percentage of goiter in the children who did not take iodine remained unchanged, or else

You Be the Judge

by José Schorr

Just as the waitress came along with a bowl of hot soup, a departing customer suddenly turned and bumped her tray. The soup poured down the back of Eloise, seated nearby. As soon as Eloise could, she sued the restaurant.

"The customer did it, not my waitress," the restaurant owner replied. "So why doesn't she sue him instead of me? We pay for what we drop, but not for what is knocked out of our hands."

"It is the restaurant's business to guard against careless customers who might inflict harm on other customers," Eloise countered. "Everybody knows that some people in restaurants behave like bulls in a china shop."

If you were the judge, would you make the restaurant pay?

The restaurant did not have to pay. The court ruled that anyone entering a restaurant assumes the risk of dangerous acts by fellow diners. It would not be fair, it explained, to hold a restaurant responsible when it is required to admit all sorts of customers.

Based upon a 1956 Georgia decision.

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increased distinctly, showing that the improvements in those benefited was due solely to the iodine and not to any mental impression or to a better care of their health in other respects.

The only serious objection raised to the method is the claim that in a certain number of cases a simple and comparatively harmless form of goiter has apparently been developed into the exophthalmic, or dangerous, form under or after the iodine. But so far these apparently bad results have been few in number and scarcely at all in excess of the normal 1 to 2 per cent of all cases of simple goiter which experience has shown may take on the more serious forms. Also, it must be remembered that, in the keen attention focused on every form of goiter in all the children of the community by these tests, a number of cases of mild exophthalmic goiter have been discovered which would otherwise have escaped notice.

Gratifying Results

But this relief and clearing up of simple goiter is only a part of the health benefits of the new balanced ration. In the course of the work in various neighborhoods, family histories naturally were widely discussed, children reported other cases of goiter occurring in other members of their families, and finally careful studies of the family history of the goitrous pupils were made exhaustively in certain selected neighborhoods, with the interesting finding that almost universally the percentage of goiter in the mothers of goitrous children was much higher than that in the rest of the community. And curiously enough, in the case of the boys who showed simple goiter the percentage of goiter among the mothers was very high, indeed—in some cases reaching 70 to 80 per cent. And to our delight, when some of the more intelligent and enterprising mothers of the community took, steadily, iodine in small doses through their period of expectancy, they not only had less disturbance and discomfort but their children were born more vigorous and without any trace of goiter; though, of course, it is as yet too early to say how many of them might develop it later in life.

So the situation seems to be that by the taking of three chocolate tablets containing a few grains of iodide daily for six weeks twice each year, the goiter present in both boys and girls can be cured in 90 per cent of all cases; and that by the administration of larger doses to mothers through the period of pregnancy, the development of goiter in their children can probably be prevented in advance.

But this, gratifying as it is, is only, of course, a partial solution of the problem. It reaches only one age group of the population, and not by any means all that, as, of course, the taking of the tablets is entirely voluntary on the part of the children. Thus other methods which will reach the whole community at all ages and will be more nearly automatic in their action have been eagerly sought for and worked at. One is the increasing in every possible and reasonable way of the eating of sea fish and sea foods of all sorts. This is in itself an admirable step in the promotion of the public health, but is obviously of a somewhat limited and local character, very largely confined to the larger cities. Another is the encouraging of the seaside habit and the back-to-the-beaches slogan. But this, though valuable in many other ways as well, is even more limited in its possible action. But a much more fundamental and far-reaching method is at our disposal.

concluded next issue

Where Do You Think You Are?

(Answers from page 78)

(Theme: Cities and towns with "bear" in their names.)

1. Bear, ID
2. Bear Creek, WI
3. Bear Town, MS
4. Bear Lake, MI
5. Bear Butte, SD
6. Bear River City, UT
7. Bear Creek, AL
8. Bear, DE
9. Bear Spring, TN

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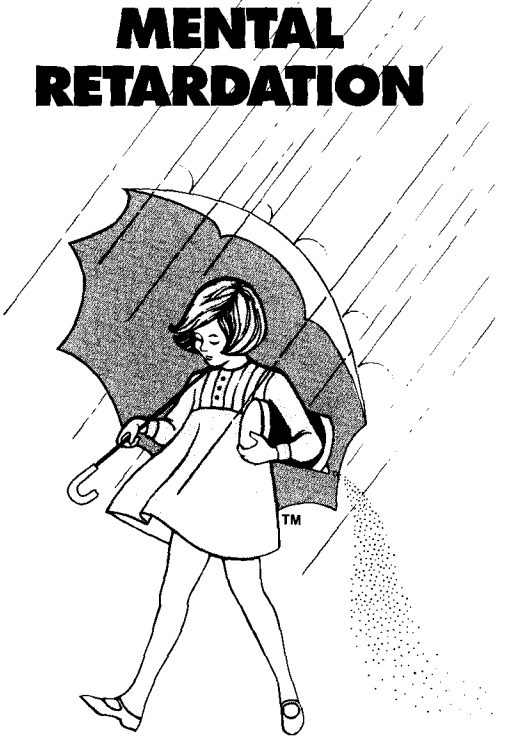
HELP FIGHT MENTAL RETARDATION



Each year, Iodine Deficiency exposes millions of the world's children to the needless suffering of mental retardation and a host of other Iodine Deficiency Disorders. The tragedy is this could be easily prevented by simply adding iodine to their salt, as Morton did in the U.S. back in the 1920's. So please won't you join Morton Salt and your local Kiwanis clubs in their effort to help UNICEF end this worldwide suffering by the year 2000? Just clip out the coupon below and mail it with your donation today. Thank you.

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☑ Yes, I want to help eliminate Iodine Deficiency by the year 2000. Please accept my tax deductible donation in the amount of $_____

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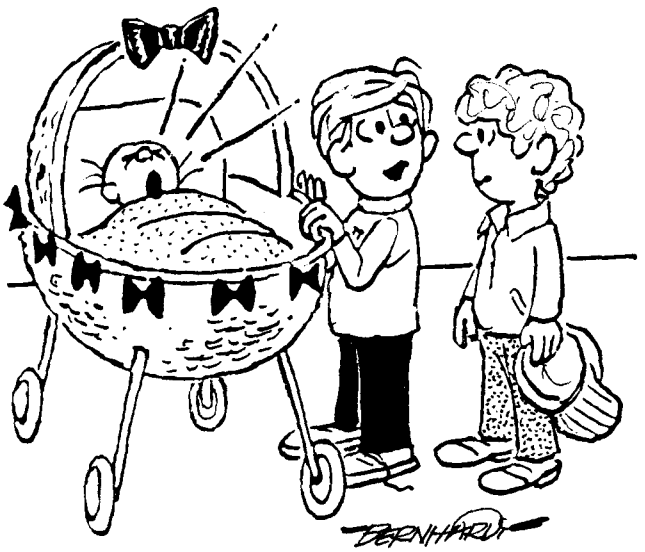
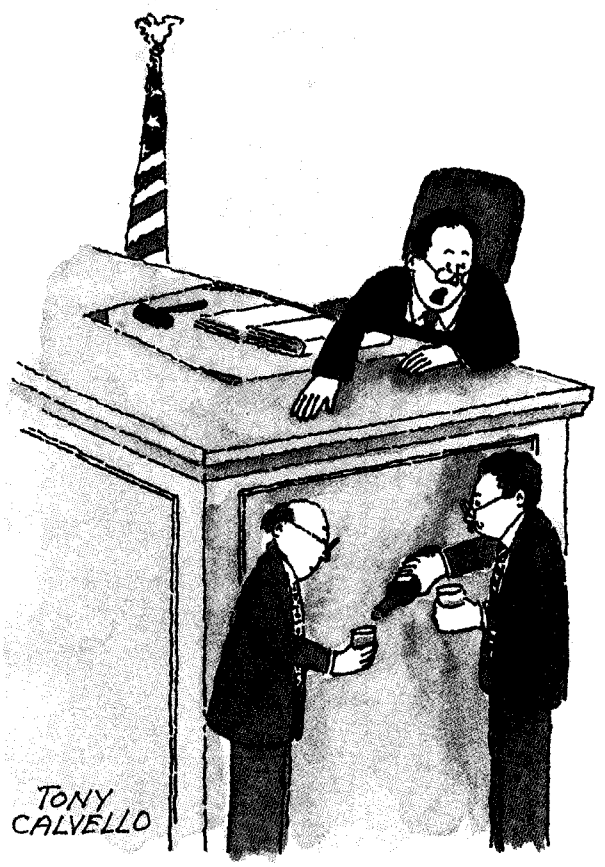
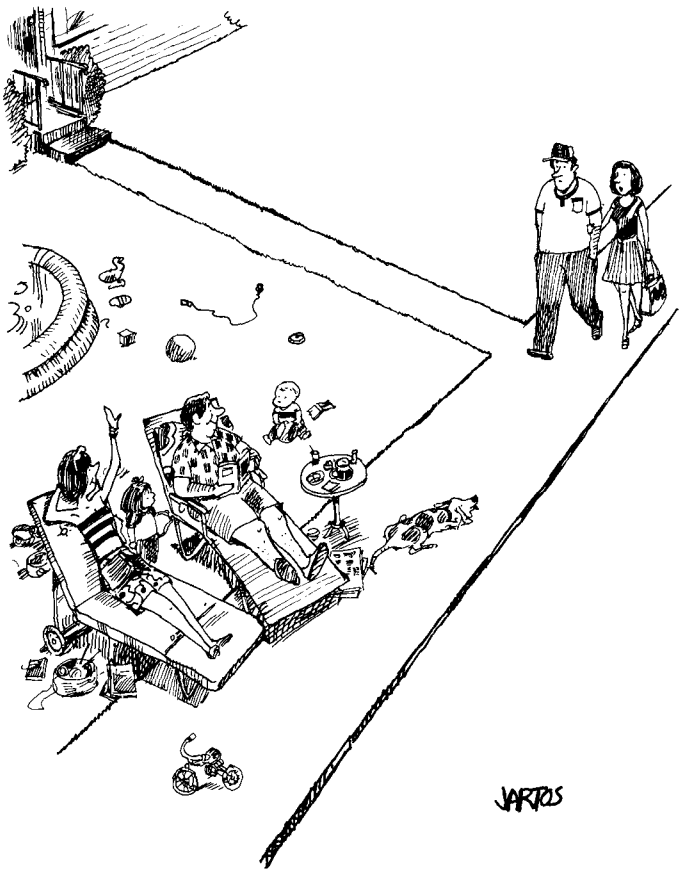
THAT'S TRUE, BUT...



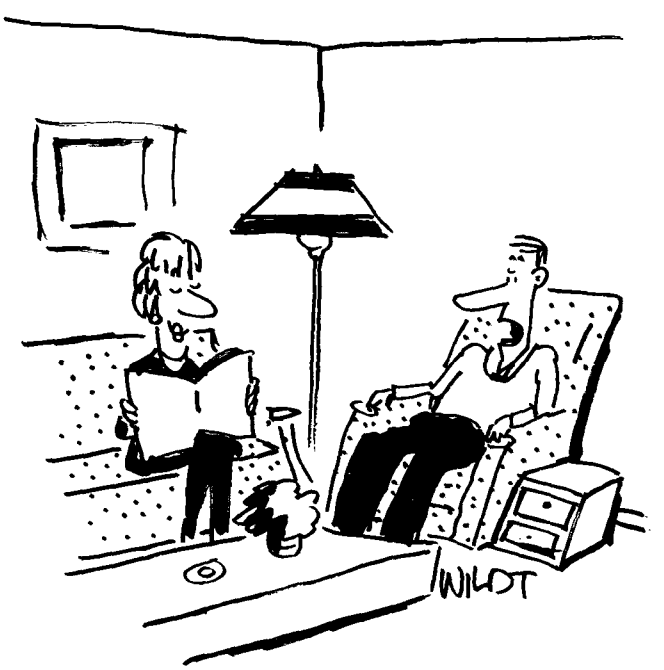
"Mother said he was sent down from heaven. They must've wanted a little peace and quiet up there."



"Counsel, this isn't exactly what the court's definition of a 'sidebar' is."



"They're very outgoing people."



"How come when you're right it's female intuition, but when I'm right it's dumb luck?"

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The important thing isn't the impotence. It's the effect on your relationship.

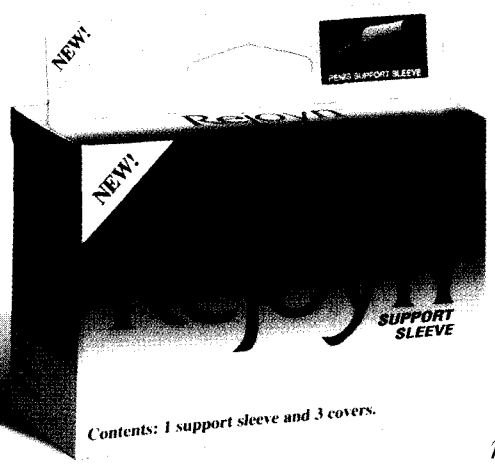
Loss of sexual intimacy can affect your relationship.

If you and your partner have ever been frustrated by impotence, you're not alone.

For one out of every five American men it's a recurring problem.

Unfortunately, when couples start avoiding sex for fear of performance problems, a relationship can suffer.

Many couples report that the loss of intimacy—the closeness and comfort of touching and cuddling—is even more discouraging than the loss of sex itself.



Now, an alternative solution... Rejoyn®

It is with this in mind that we've introduced Rejoyn®, a patented penile support sleeve, designed to be stimulating and satisfying for both partners. Rejoyn® is made of soft, medical grade Santoprene® rubber. Now, enjoy sexual intimacy without worries about performance.

While Rejoyn® does not treat or cure impotence, it will enable a couple to engage in sexual intimacy.

Couples report a return to intimacy.

Rejoyn® was developed with the help of a certified sex therapist over the course of six years, and tested by couples who were experiencing problems. Many couples returned with glowing comments, including: *"My husband and I feel closer than ever," "Thank you for providing such a wonderful product,"* and, *"It has restored the vibrancy and vitality to our marriage of 35 yrs."*

Rejoyn® may help make sex a pleasure, instead of a problem. And most importantly, it may bring two people who love each other together again.

Available without prescription at pharmacies nationwide.

Look for Rejoyn® in the sexual products section. If your pharmacy does not yet carry Rejoyn®—bring this ad to your pharmacist. For the name of the pharmacies now carrying Rejoyn®—call:

1-800-331-9939.

"Impotence may indicate underlying health problems and should be discussed with a physician."

Dear Pharmacist: Call 1-800-676-7076 for wholesaler and item number information.

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MEDICAL MAILBOX

by Cory SerVaas M.D.

"Tell me, I forget. Show me, I remember. Involve me, I understand."—*Chinese Proverb*

Blinding Sunlight

Dear Dr. Cory:

I am nine-years-old Jennifer Hawkins. I am blind and deaf. I ask you: "How can looking at something too bright like straight to the sun destroy your Retina and make you blind? How do scars tear up your retina? Why does a sergy [surgery] sometimes not help to keep scars from making you blind?"

Jennifer Hawkins
Swansea, Illinois

The image that enters the eye is focused by the lens onto very sensitive cells at the back of the eye called the *retina*. The image is then carried by the optic nerve to the brain, which turns it into the picture that we see.

When people stare directly at the sun, its invisible heat rays enter the eye and are focused on the retina. This can burn and scar the retina, resulting in blindness. Ophthalmic surgeons are working on new and better ways to repair damage to the retina.

To avoid this kind of damage, people should never look directly at the sun, even during an eclipse, when the damaging heat rays still get through. Looking at the sun through a telescope is more dangerous still, since the telescope's lens focuses the sun's rays directly on the retina.

Also, people who spend time out in the sun should be sure to protect their eyes from the sun's ultraviolet (UV) light with sunglasses that give maximum protection from ultraviolet A (UVA) and ultraviolet B (UVB) light.

Eyes left unprotected from UV light have an increased chance of developing *cataracts*, or cloudy spots on the eye lens, which can cause blindness later in life.

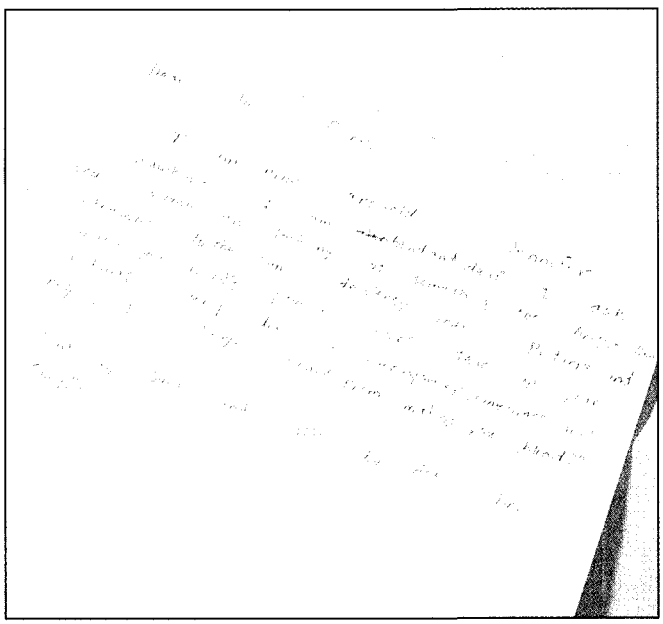
The glasses should have labels that read "maximum" or "99 percent UV protection (blockage)," "meets American National Standards Institute UV requirements," or "UV absorption up to 400 nm."

Sarcoidosis: Support Available

Dear Dr. SerVaas:

A dear friend, a white woman in her mid-60s, has just been diagnosed as having sarcoidosis which has attacked her lungs, resulting in growths or lumps on them. Can you point us to any nationally known experts or resource that may provide her physicians with help? Just what is known about this disease?

Andrew P. Roth, Ed.D.
Saint Clair Shores, Michigan



Jennifer Hawkins composed her letter on a special typewriter that creates the small, embossed dots of the Braille language. She has been hearing impaired since birth, and a retinal degenerative disease left her blind by age five. With the Braille writer, however, she can communicate and learn about the world.

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We sent your letter to Om P. Sharma, M.D., a sarcoidosis specialist and professor of medicine at the University of Southern California, division of pulmonary and critical care medicine. He responds:

"Sarcoidosis is an inflammation in which lymphocytes, a type of blood cell, become overactive. These overactive lymphocytes produce granulomas (tumors, or growths) in affected parts of the body. Lungs are involved in 90 percent of the patients, but any organ may be attacked by the disease. The diagnosis is made by recognizing the abnormality on a chest x-ray and then confirming it with a tissue biopsy. Other diseases that may cause granulomas—including tuberculosis, histoplasmosis, and others—need to be excluded.

"Not every patient with sarcoidosis needs treatment. Sarcoidosis may cause enlargement of lymph glands (known as hilar adenopathy), or it may produce fibrosis or scarring of the lungs. In the case of your friend, I suspect that the glands are only enlarged. This type of sarcoidosis, particularly in a Caucasian, is usually benign and requires no treatment.

"In about 50 percent of all sarcoidosis patients, the disease subsides by itself, leaving no trace. However, if a patient has shortness of breath, eye inflammation, irregular heart rhythm or brain involvement, treatment is needed. Corticosteroids (prednisone), hydroxychloroquine, and methotrexate are some of the drugs used in treating sarcoidosis.

"There are many sarcoidosis support groups in the country. For a list of these groups and experts in your area, contact Sarcoidosis Network Foundation, 7475 La Palma Avenue, Buena Park, CA 90620, or call 714-739-4023."

Psoriasis Findings

Dear Dr. SerVaas:

I'd like to pass on my findings on psoriasis. My husband had a severe case on both legs some time ago.

He went to a prominent dermatologist, and after many treatments, we felt no progress was being made.

I began to wonder—if we both ate the same meals (and we were the same age)—why I wasn't also afflicted. Then I thought of the banana I ate in my breakfast cereal. I started giving him some, and in two weeks time the psoriasis was completely gone and never came back. In other words, he had a potassium deficiency.

I've never had arthritis, but if I had I certainly would follow *The Arthritic's Cookbook* by Collin H. Dong, M.D. and Jane Banks. It has cured several friends of mine, and yet the National Arthritis Society doesn't seem to recognize it.

Eleanore R. Barrett
Wakefield, Rhode Island

Devastating Vision Loss

Dear Dr. SerVaas:

I am writing on behalf of my husband, who has been diagnosed with macular degeneration. He is 80 years old, in very good physical condition, and a professional, academy-trained illustrator. As you can imagine, it has had a devastating effect on him.

My question is: are there glasses available to improve his vision? He has several hand-held implements which enable him to read laboriously, line by line. Laser treatments have not helped.

Mrs. A. F. Friede
Kelseyville, California

We asked Eugene M. Helveston, M.D., professor of ophthalmology at Indiana University School of Medicine about adaptive devices to help cope with vision loss resulting from macular degeneration.

Dr. Henry Greene recently developed the world's first self-focusing telescopic glasses at the University of North Carolina, Chapel Hill School of Medicine. Some people with macular degeneration might benefit from the battery-powered high-tech device. Currently, the glasses cost $3,000 and work with a single eye.

"Glasses used for macular degeneration simply magnify the object so that the image will fall on more functional retinal cells, thereby providing better vision. Even with magnification, a patient with macular degeneration will have absence of vision or a very blurred spot in the center when viewing an object that is held directly in the line of sight. Looking at an object slightly off-center will allow a full view, but the object will be seen with retinal cells which have lower resolving power. Therefore, the picture will not be so clear.

"On a positive note, while macular degeneration selectively harms vision at the very center of vision where we see best, it spares peripheral vision, allowing us to move around in the world. While macular degeneration spoils reading and detailed close work, it *never* makes a patient blind."

More on Macular Degeneration

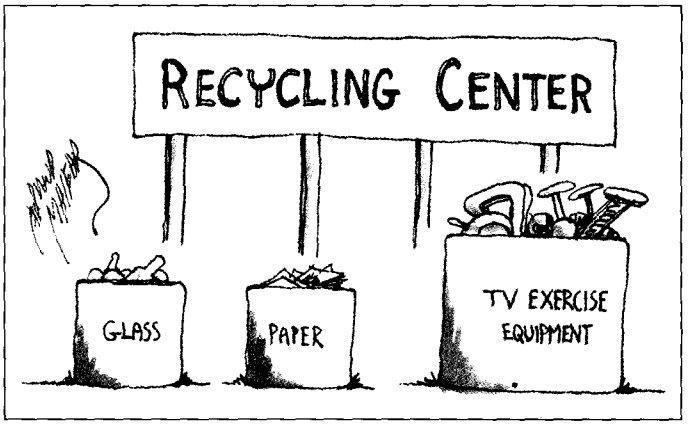
Dear Dr. SerVaas:

I was having trouble reading so I went to an eye doctor and was told I had macular degeneration in my left eye and only 20-40 vision in my right eye. I had laser therapy on my left eye.

Do you think I can save the vision in my right eye? I am 86 years old but would still like to be able to see yet for a while.

Edward Roorda
Pella, Iowa

Unfortunately, age-related macular degeneration (ARMD) eventually affects the vision of both eyes in most cases. Researchers estimate that each year after initial diagnosis, there is a 12 percent chance that ARMD will diminish



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vision in the other eye.

There are two types of macular degeneration. In dry (geographical or areolar atrophy) macular degeneration, cells are progressively lost and vision decreases over several months or years. No effective treatment has yet been developed.

Wet (neovascular) macular degeneration is caused by the growth of new blood vessels into the macula. While less common, wet ARMD may result in a total loss of central vision within just a few days. Currently, laser therapy is only sometimes helpful. Doctors at Hahnemann University, Philadelphia, however, recently reported promising results after following 250 patients with this type of ARMD for up to two years after they received a series of six low-dose radiation treatments. Researchers found that vision was stabilized in 65 percent of the patients, and 25 percent had improved vision after the treatment.

The beneficial effects of vitamins E and A, selenium, and zinc in slowing the aging process of the retina, particularly the macula, are also being investigated.

Expert Diagnosis Required

Dear Dr. SerVaas:

I was diagnosed at birth with icthyosis. Nothing really seems to help—my total body surface has become cracked, and I shed skin flakes like a snowstorm. I found a reference book which had color plates of icthyosis patients, but it did not give an explanation that I could understand.

Can you put me in touch with a doctor who has experience dealing with this condition?

Barbara J. Feick
Bakersfield, California

Since most cases like yours are diagnosed at birth, pediatric dermatologists are most familiar with this skin disorder. Dr. Amy S. Paller, professor of pediatrics and dermatology at Northwestern University Medical School and head of the division of dermatology at Children's Memorial Hospital in Chicago, provides this explanation of the condition.

"Well, Bette Davis would never have done an exercise video!"

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"The diagnosis of 'ichthyosis' encompasses a group of several inherited skin disorders, all with widespread scaling. Considerable progress has recently been made for diagnosis and treatment of this group of skin problems. In fact, the underlying gene changes are now known for several of the forms of ichthyosis. An expert in skin disorders should be able to tell you what type of ichthyosis you have, based on specific clinical features, and suggest appropriate management.

"Creams and lotions that soften the skin and help clear scales, especially those with alpha-hydroxy acids or propylene glycol, are still commonly used. Orally administered retinoids have been tremendously helpful for some patients. There is now a national registry for patients with ichthyosis, sponsored by the National Institutes of Health (1-800-595-1265). In addition, the Foundation for Ichthyosis and Related Skin Types (1-800-545-3286) can provide a list of experts in your area, educational materials, and a network of other nearby affected individuals. I strongly urge you to contact these groups and to get in touch with an expert who can diagnose your form of ichthyosis and offer acceptable treatment."

Alcohol and Aging

Dear Dr. SerVaas:

I am concerned about my mother's (age 79) evening cocktail. It is "only one drink," but it is bottomless. When it is half gone, it is replenished lavishly. Even long distance I can tell by her voice and conversation when she is imbibing. Many conversations are repetitious during the conversation or not remembered the next day. She lives alone and has experienced many life changes in very recent years. I worry about her safety and health. What can I tell her to get her to stop this habit?

Dr. Paul K. Chafetz, clinical geropsychologist, University of Texas Southwestern Medical Center, Dallas, responds to your concerns:

"Your letter about your 79-year-old mother's apparently excessive nightly use of alcohol raises some important issues and deserves a serious reply.

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"You mentioned that your mother lives alone and has recently experienced many life changes, presumably unwelcomed ones. It would be quite normal, therefore, for her to be experiencing some unhappiness, as she grieves these various losses. She may even be depressed. I frequently encounter people in this situation who attempt to relieve their own distress and improve their own mood by 'self-medicating' with alcohol. Didn't her generation sing about using alcohol to 'get happy'?

"Unfortunately, this approach is doomed to failure, because alcohol, in fact, is a *depressant*, not an antidepressant. Research reveals that ten percent of drinkers account for half of all alcohol consumed annually in the United States. The greatest alcohol *consumption* is shown by the 30- to 44-year-old population, and the highest rates of alcohol *abuse* are shown by the 25- to 44-year-old population. It is clear, therefore, that increased or excessive alcohol use should *not* be considered normal aging.

"In older adults, alcohol use beyond a minimal level is likely to lead to increased depression and confusion, and to decreased use of positive coping behaviors such as socializing and exercising.

"If any of these observations seem to apply to your mother, I believe that she needs and deserves the attention of a competent geriatric mental-health professional. Do not expect her to reach out for such a person on her own, or to welcome your recommendation that she do so. You will need to do the groundwork to locate the appropriate professional, and you should have a private session with him or her before your mother's appointment to review the history and discuss treatment options.

"Cessation of drinking, when handled properly, often leads to dramatic improvement in the functioning of older adults. Initiation of proper medical and psychosocial treatment for depression will help further. It is never too late."

Preventing Dehydration

Dear Dr. SerVaas:

My granddaughter stays with me, and her mother always tells me to make sure she drinks plenty of water because she doesn't have a colon. She had such a serious bowel disease that her entire colon was removed at Mayo Clinic. I believe it was called colitis. Why is it especially important for her to drink water?

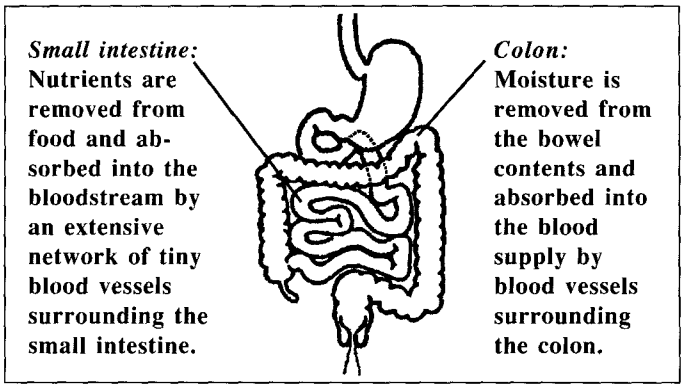
Melissa Smith
San Francisco, California

You are right in making sure your granddaughter remembers to drink plenty of water.

Primarily, the colon absorbs fluid from remaining bowel contents—most of the nutrients in food are digested by the small intestine. Without a colon, not as much fluid is removed, and those who have had a colectomy (surgical removal of the colon) may have four or more rather loose stools daily.

To prevent dehydration, it is always important for anyone with diarrhea to drink plenty of fluids. Someone without a colon can become dehydrated more quickly because they no longer absorb into their bloodstream as much of the liquids they consume. Also, dehydration can follow a fever, when body fluids are lost to excess perspiration. Add diarrhea, and a person without a colon can easily get into trouble.

People without colons have successful pregnancies, compete in sports, and lead full and productive lives. Mayo Clinic led the way in performing "hook-up" surgery (called


Small intestine: **Nutrients are removed from food and absorbed into the bloodstream by an extensive network of tiny blood vessels surrounding the small intestine.**
Colon: **Moisture is removed from the bowel contents and absorbed into the blood supply by blood vessels surrounding the colon.**

ileal pouch-anal anastomosis) after a colectomy such as your granddaughter had. They do outstanding work by connecting the small intestine to a pouch created just above the lower part of the rectum and anal canal. This procedure restores the usual pattern of having bowel movements through the anal canal and avoids the external bag.

Have You Heard?

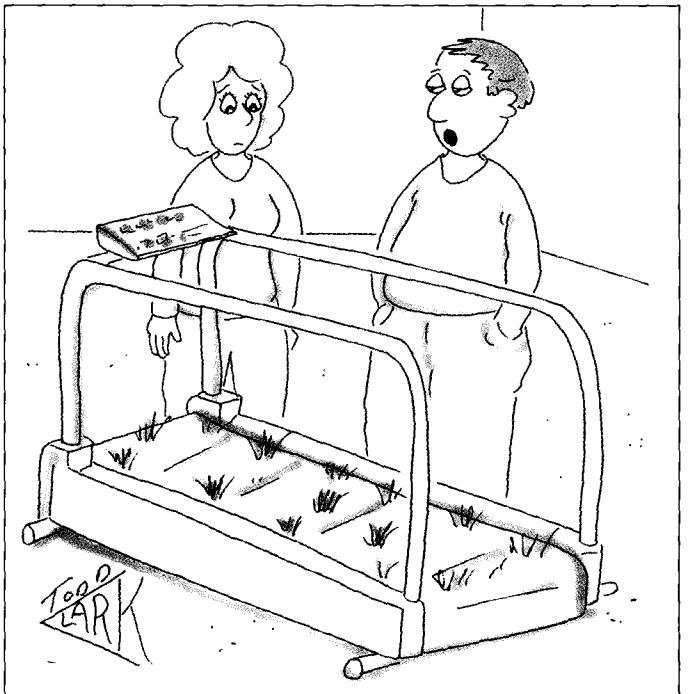
• Identigene, Inc., Houston, Texas, provides fast and accurate DNA identity testing. If you ever need to know whether someone is the father of a child, call 1-800-DNA-TYPE to make an appointment in your area. Sibling and twin studies are also available.

* * *

• Smoking during pregnancy may cause limb defects in offspring. Swedish researchers recently added to the already strong evidence linking smoking and infant mortality. In the study, the odds for any maternal smoking among all cases of limb reduction was one in 26; six in every 10,000 newborns have a limb-reduction malformation.

* * *

• Free testing for lead poisoning may be available in your area. High levels of lead in the bloodstream can cause



"It's probably not a good sign when the treadmill needs mowed."

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irreversible damage to a child's brain and nervous system. For more information, check with your local health department. Tests for lead in water pipes and drinking water may also be provided at no cost.

Old-Fashioned Remedy

Dear Dr. SerVaas:

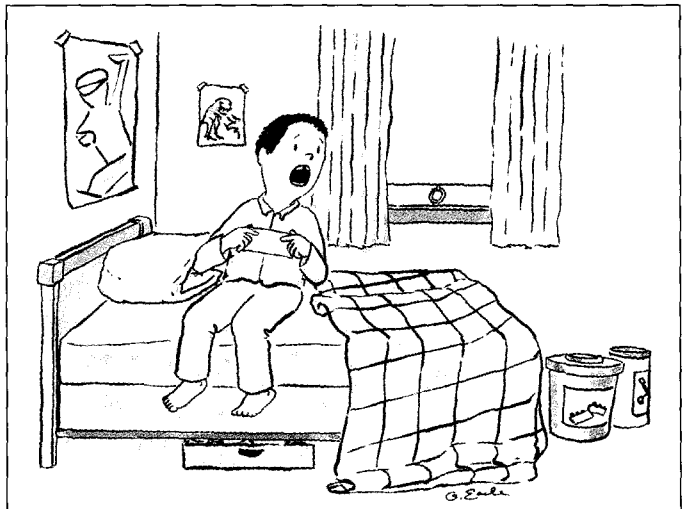
For the past three years, I have been fighting diarrhea, flatulence, and an inability to gain weight. I am 73 years old and in good health otherwise. After all the tests, doctors cannot find the cause. I read about an old-fashioned remedy for this condition called rhubarb and soda, but I have not been able to find all the necessary ingredients. They are as follows: 15 cc rhubarb fluid extract, 3 cc ipecac fluid extract, 35 grams sodium bicarbonate, 35 cc peppermint spirits, 200 cc glycerine, enough water to make 1,000 cc. You are to dissolve the sodium bicarbonate in some water, then add the other ingredients and mix thoroughly. Usual dose is two tablespoons three times a day.

Perhaps one of your readers could help, or a pharmacist somewhere can supply this tonic. I would be ever so grateful.

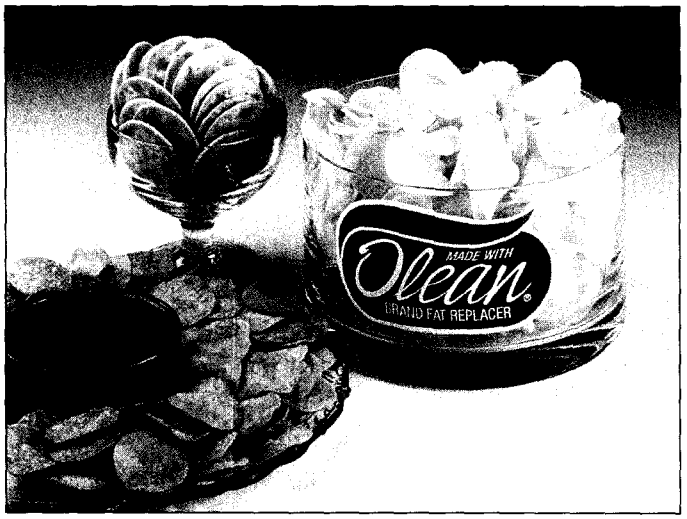
Jacqueline Curd
Sun City West, Arizona

Although we are not familiar with this tonic, rhubarb and peppermint have been soothing stomachs for thousands of years. Ancient Egyptians relied on peppermint and spearmint to relax the digestive tract, and when colonists brought the mints to American shores, they discovered that Native Americans were already using mints to aid digestion. Rhubarb is native to southern Siberia, China, and India, and investigators there claim that it heals pancreatitis and gallbladder disease. In small amounts, Chinese rhubarb stops diarrhea—in large doses, it quickly remedies constipation.

Here is another home brew (of more readily available ingredients) for anyone suffering from acute diarrhea. Developed by the World Health Organization, it provides balanced amounts of sodium, potassium, and sucrose: Dissolve ¼ teaspoon salt and four heaping tablespoons of sugar in ⅔ cup of boiling water. Add ⅔ cup of fresh orange juice and ⅞ cup of tap water. Sip warm until symptoms subside.



"Mom! The tooth fairy left a check. It says 'Gross pay 50 cents, net pay 33 cents.' "



Olean foods are a welcome weapon in the battle to reduce dietary fat intake. The no-calorie fat replacer is made from soybean or cottonseed oil combined with table sugar, resulting in a molecule too large to digest, thereby rendering it calorie free.

Olean Arrives

Fat-free snack chips and crackers made with Olean have arrived in Indiana as a test market and will be appearing across the country within a year. About ten potato chips cooked in Olean contain zero grams of fat and about 70 calories. Ten ordinary potato chips, by contrast, contain 10 grams of fat and about 150 calories. Olean potato chips will still have the calories from the potatoes but none from the cooking oil.

The new fat replacer provides more low-fat food options for health-conscious consumers without sacrificing the taste and texture people have come to expect from snack foods. The average American consumes about six and a half pounds of potato chips per year. By switching to the fat-free variety, chip eaters could save 8,448 calories and 1,056 grams of fat per year.

Too much dietary fat can lead to obesity, high cholesterol levels, and an increased risk of coronary heart disease, diabetes, and some types of cancer.

Although vocal critics of Olean have gained media attention, many professional associations support the FDA evaluation and approval process, including the American Medical Association, the American Dietetic Association, and the American Heart Association, who all stress the importance of a balanced diet that is healthful and low in total fat.

The Olean molecule is too large to be digested or absorbed, which is why it adds no fat or calories to foods. While most people eating Olean snacks will notice no digestive changes, a small percentage may experience abdominal cramping or loose stools a day or two after consuming it.

Although Olean inhibits the absorption of some vitamins and other nutrients, the vitamins A, D, E, and K have been added to Olean foods, so there is no net loss of vitamins. Some experts suggest that eating the fat-free snacks between meals will prevent interference with normal digestion at mealtime.

The testing of Olean snacks in Indiana includes Lay's WOW potato chips and Frito-Lay's Doritos WOW flavored tortilla chips. ▲

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The book also explains how the gastrointestinal system works, how food is digested, how specific foods affect the bowel, why certain foods and activities cause problems, why over 20 million people suffer irritable bowel problems—and how people are now able to overcome their problems.

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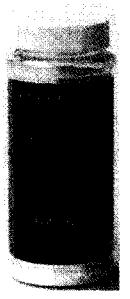

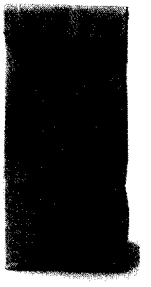

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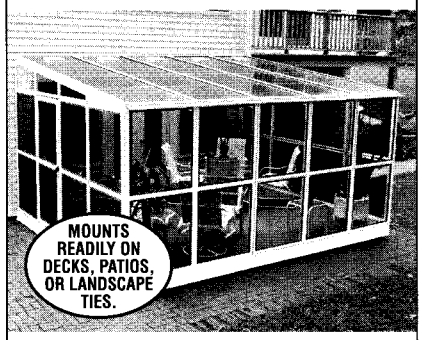

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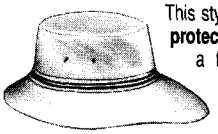

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EXCELLENT extra income! Assemble crafts at home. Call: 1-800-377-6000, ext. 6040.

Pets

PETS ARE WHAT THEY EAT
4 petfood recipes $3.00/sase. **REPEL FLEAS NUTRITIONALLY,** paperback $4.95/ppd. Crocheted catnip cat toy, $3.00, 2 for $5.00/ppd. Satisfaction guaranteed. I Love Pets, Rt. 1, Box 346AA, Bakersville, NC 28705-9638. QUARTERLY PET NEWSLETTER $8.00.

Recipes

The Saturday Evening Post Fiber & Bran Better Health Cookbook
Wonderful ways to combine high-fiber foods in meals that will please the palate. Hardcover, 350 recipes, beautifully illustrated. **Just $12.95 p&h included.** Armchair Shopper, P.O. Box 130, Dept. 597, Indianapolis, IN 46206-0130, **1-800-558-2376.** VISA, MasterCard, Discover accepted.

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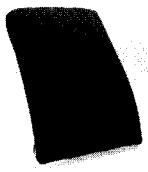
Bad Arthritis Days?

NEW

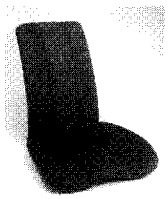
Good News: Arthritis Strength with Capsaicin is Here

We've teamed quick-acting menthol with long-lasting Capsaicin in the only dual-action, liquid-fast formula for fighting arthritis pain. Plus you get an easy, hands-free massage applicator. Look for it in the gold box – and get economical, long-lasting relief.

BACKPAIN?



This orthopedic backrest and backrest/seat combination were ergonomically designed to give **firm support** to the back and hips, thereby providing relief from back pain throughout the day at home, office or in your car. Back and seat have a contoured wood frame for support, polyfoam padding for comfort and covered in a high quality, stain resistant fabric. Approved by orthopedists, chiropractors, physical therapists and ob/gyns. Available in blue, black, gray, tan, brown and burgundy. Made in USA.



3 Years Manufacturer's Warranty

Lean On, *Back Rest*.....$ 59.95
Better Back, *Back Rest/Seat*.....$119.95
Plus $7.95 Shipping and Handling

Order Today Toll Free

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Or send check or money order to: The Back Zone
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30 DAY MONEY BACK GUARANTEE

Reel Traditional

Old-fashioned five-blade grass cutter

18" cutting width

It reel-y mows and trims quietly, efficiently, and without fumes, pull cords, or back-breaking effort.

This American-made push-type lawnmower is sturdily built in Indiana to give you years of use, yet only weighs 27 pounds. It's about half of the weight of a regular mower. And with a ball-bearing blade reel, a gentle forward push is all it takes. Cutting blades are machined from alloy steel and are adjustable from ½" to 2½".

Wheel heights are also adjustable to allow for any lawn conditions and your particular preference. (Nylon grass catcher is extra.)

Reel pushmower $139.95
Nylon grass catcher $24.95
Blade sharpening kit with instruction manual, grinding compound brush, and lapping crank.....19.95
(freight and handling included)

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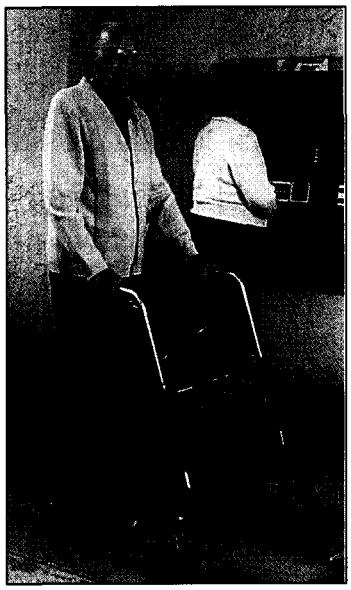
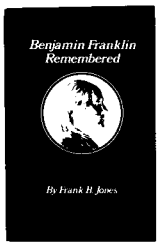


Samhall Starlite Walker

Say good-bye to old-fashioned "lifting" walkers. The Starlite features foldout seat and attached basket. Lightweight. Folds so you can take it anywhere. To find out more about the **special offer for *Saturday Evening Post* readers,** call AFPM, 1-800-558-2376, ext. 292. VISA, MasterCard, or Discover accepted.

Benjamin Franklin Remembered



The author has compiled a complete, concise profile of this remarkable man. Written in an easy-to-read style, this book will introduce you to Franklin's writings about the basic tenets that helped shape the foundation of our democratic form of government.

$4.50 paperback — $7.95 hardcover
Add $1.50 p&h. Send payment & address:

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He'll Understand And Say, Well Done
Where We'll Never Grow Old
Farther Along
Let The Lower Lights Be Burning
Shall We Gather At The River
When They Ring Those Golden Bells
Jesus Loves Me
Amazing Grace
Peace In The Valley
How Great Thou Art
Where No One Stands Alone
Sweet Hour Of Prayer
Abide With Me
Nearer My God To Thee
God Be With You
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Precious Memories
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Softly And Tenderly
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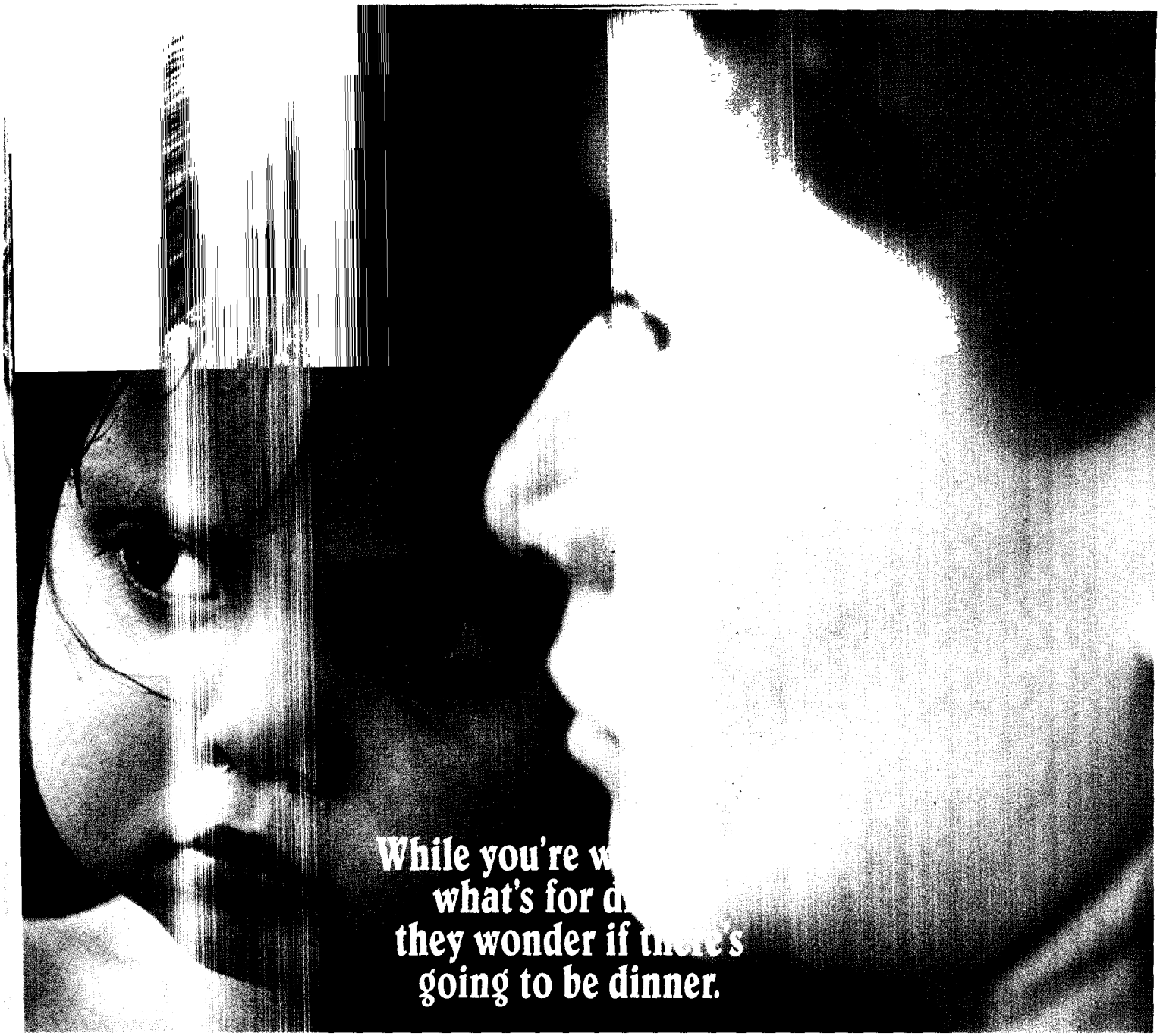
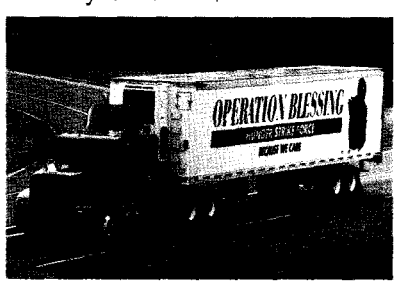


In this land of plenty, it's so easy to take life's small blessings for granted, that is, until you're without them. Then life can become very hard and very cold.

Having the food for a warm meal seems like so much to ask for, yet it actually takes very little for us to fill the stomachs and hearts of those among us in desperate need.



Our Hunger Strike Force collects donated food and much needed supplies from the good people on farms, in food processing companies and manufacturing plants. They give us food, clothing and blankets. And with them, we give people hope.

Incredible as it is, because of this generosity, a mere $20 donation to Operation Blessing International can actually deliver enough food to feed four families of four for an entire week.

Last year, that amounted to well over 14 million meals, so when you ask yourself, "Can I make a difference?" we can assure you the answer is an unequivocal "Yes."

For more information about the Hunger Strike Force of Operation Blessing International, please call us at 1-800-730-2537.

OPERATION BLESSING INTERNATIONAL

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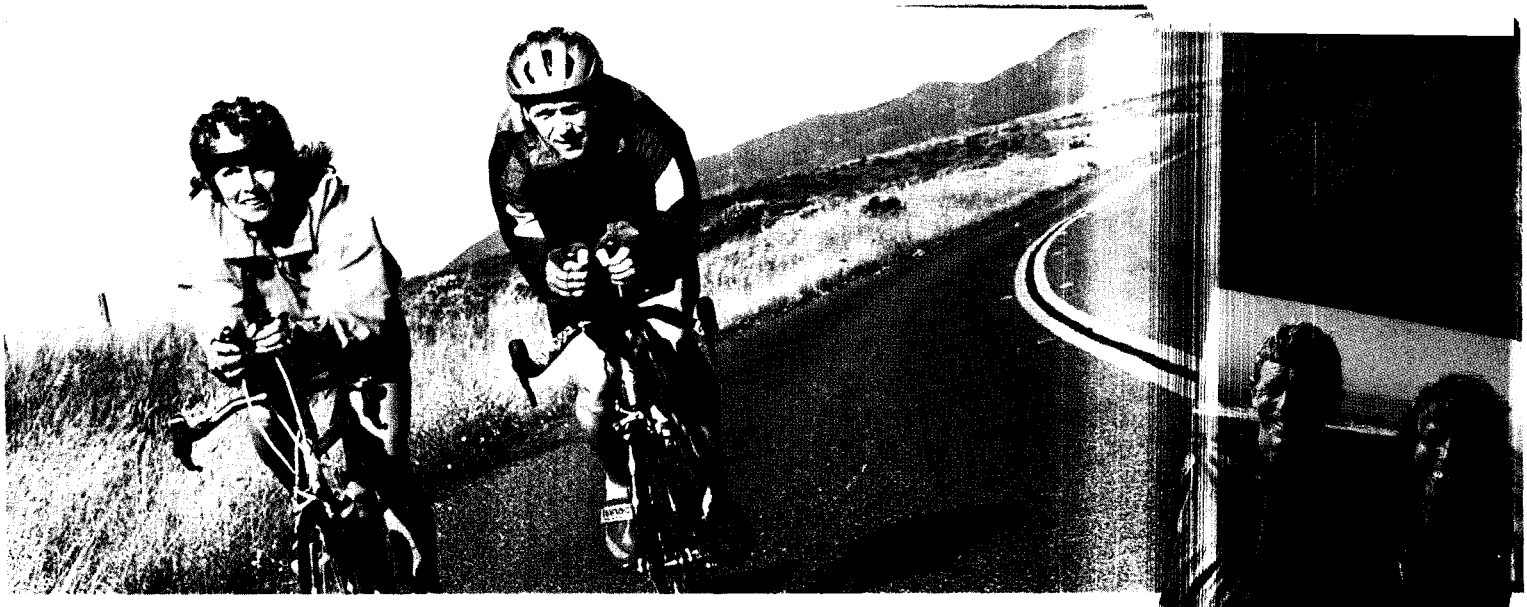

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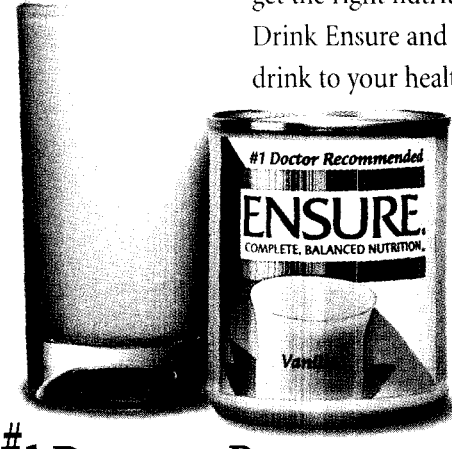

#1 DOCTOR RECOMMENDED

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